

Cliff View Notes

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Heart of the Bluegrass State*

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Vol 6 No. 9 Cliffview Resort - Winner of TripAdvisor's Certificate of Excellence Three Years In A Row November 2016

Exciting November Events

Natural Bridge Trail Trek Series

Natural Bridge State Resort Park 2135 Natural Bridge Rd. Slade, 40376 Phone: 663-2214 Email: andrew.stevens@ky.gov
This trek series is individual guided treks that range in distance from 4-8 miles. On each date, a unique route through Natural Bridge State Resort 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 throughout the year! Pre-registration is required. The cost is \$8/person/trek. Children 10-17 years of age must be accompanied by an adult.

Rough Trail Ultramarathon

Red River Gorge, Koomer Ridge Road, Pine Ridge, 41360 Phone: 6999871 on the web: nextopportunityevents.com/rough Email: info@nextopportunityevents.com

The Rough Trail Ultramarathon is one of the roughest, toughest, and damn hardest trail races in the eastern United States. Taking you the length of Kentucky's famed Red River Gorge, this 50k trail race will give you a rare opportunity to see the entire Gorge in all of its beauty and treachery. Rough is designed for one purpose: to take you to your limits and give you that rare opportunity to smash through the wall. In doing so, we believe you learn something new and important about yourself.

Rough Trail Ultramarathon will give you stunning views of ancient rock shelters, natural arches, and the deep expanse of the Red River Gorge. Oh, and some of the gnarliest trails you'll find. Rough will punish you and trick you into thinking the worst is over when it certainly is NOT. But if you believe you can take the beating and keep moving forward; if you think you have what it takes to learn a hard new truth about yourself; if you want to see some of the most breathtaking, untouched Appalachian country and have one of the most exciting experiences of your life, then Rough is waiting.

You have the option of two distances: 25K and 50K.

Fall Sunrise Elk Watches

Buckhorn Lake State Resort Park 4441 Ky. Hwy. 1833 Buckhorn, 41721 Phone: 398-7510 Email: buckhornlake@ky.govparks.ky.gov parks/resortparks/buckhorn-lake/default.aspx

Enjoy seeing these majestic animals in their natural habitat. You must register by calling 800-325-0058. We strongly recommend participation in the natural history program at 7 p.m. the evening prior to the trip. You should bring binoculars, camera, water and snacks. The tour van leaves between 5:30 a.m. and 6:30 a.m. depending on the date, and returns around 10:30 a.m. to noon. Package price of \$120 per couple, \$90 per single, includes one night's lodging, continental breakfast and transportation to and from the elk preserve. Stay the night before or after for an extra \$50. The cost for the tour only can be arranged. Call 1-800-325-0058 for reservations and information.

Awesome!

Awesome: /ôsam/ (adj): extremely impressive or daunting; inspiring great admiration, apprehension, or fear.

Awesome; now there's a word that seems to get a lot of improper use in these days of superlative overkill. Words like marvelous, amazing, and incredible.

We think 'awesome' should be limited to things that truly are extremely impressive, not as an adjective to describe common things such as a new set of earbuds or an Appleby's dessert.

We feel that awesome is the best description of the natural beauty of the Red River Gorge.

Awesome is also an appropriate word to describe the wonder in a young child's face when they first take in the panorama that is the Gorge while standing on one of the Gorge's many cliff lines or from the top of the Natural Bridge Arch.

There are so many trails that are perfect for a family outing and with the weather moderating for the next few weeks, now is a great time to explore the awesomeness of the Gorge on foot.

There's also something awesome about teaching someone how to fish and the shared joy when they reel in their first catch.

Happily, you can fish for free (no license required) at any of our 14 lakes and we provide loaner equipment for Lodge, Retreat and Lakeside guests.

Happy Birthday

November Birthdays:

Guides: **Zane Paff** - Birthday Boy on November 4th

Matt Kiroff - Celebrating November 9th

And our Super Duper Office Administrator, **Amanda Mills**, celebrates on the 11th. (*Maybe she starts on the 10th. I would! Ed*)

Cliff View Notes

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Cliffview Resort,
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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

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

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

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Red River Gorge Cabin Rentals 606.668.3272

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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



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Things To Do In The Red River Gorge Area



- **HillTop Pizza:** Pizza, Salads, Subs, Spaghetti, Lasagna. *Delivery to Cliffview available.* 606.464.9990 2034 Hwy 11N Beattyville. Approx 20 minutes south.
- **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 parks.ky.gov/resortparks/nb/index.htm
- **Red River Gorge Hiking, Rock Climbing:** fs.fed.us/r8/boone/
- **Cave Run Lake: Boat Rentals, Swimming Beach:** (606) 784-9666. 1 hour.
- **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. KY Rt 11, 15 minute drive.
- **Red River Adventure:** Kayaking and Canoeing redriveradventure.net 606-663-1012
- **Via Ferrata Rock Climbing Park:** Great for beginners 606-668-6441 torrentfalls.com 5 Minutes.
- **Ash Cave Rappelling:** Rock Climbing, Rappelling, Camping: 606-369-0511 10 minutes.
- **Massage & Manicure:** In-house available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide:** <http://kytourism.com/> tourseky.com
- **Hiking Trail Guide and Descriptions:** Great for beginners. redrivergorge.org.
- **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
- **Gorge Underground:** A Unique Waterborne Family Adventure *On The Water, Underground!* Kayak and Pontoon Boat Tours 844-354-6244 Thrillsville.org 15 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 each sleep up to 50. Both have double appliance kitchens and technically compatible theater style media rooms.

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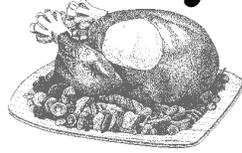
Hours: Mon - Thurs: 8 am - 10 pm

Fri & Sat: 8 am - Midnight

Closed Sunday



Cooking' with Jenny Carving The Thanksgiving Turkey



There are so many sources out there telling you how to master the best way to bake a Thanksgiving turkey or other fowl. The most famous source is Butterballs' Turkey Hotline. Then there are numerous magazine and newspaper articles every year as well as hundreds if not thousands of web sites. So we are going to move past the prep stage to the table and carving stage.

Carve That Bird

A few years ago, I was asked to carve a Thanksgiving turkey. Hey, no big deal. How difficult could that be?

Well, to say that it turned into a disaster would be like saying the Titanic was just another marine mishap. I ended up chasing the bird all around the platter and finally out onto the table. I decided to never go through that again.

A friend who is a chef at a fancy restaurant gave me some tips and I'll pass along those seven steps to properly and perfectly carve that bird!

These work with just about any bird larger than 4 pounds.

1. Remove the bird from the oven and let it cool about 20 minutes. This little tip makes the whole job much easier.

2. Use a very sharp knife with an unserrated blade. A serrated blade tends to cause the meat to shred along the cut, especially the breast meat.
3. Use a large two-tined fork to securely hold the bird while carving.
4. Remove the drumsticks, thighs, and first two wing sections. Leave the last wing section connected to prevent tilting the turkey and sliding it off the platter. (Cuts down wear and tear on the tablecloth!)
5. Start with a deep cut parallel to the platter into the breast just above the wing bone.
6. Make thin slices vertically down to the first cut. Slices will be nice and even and will automatically pile along side the wing. You'll look like a pro, your guests will be impressed and they'll think you are an expert turkey cutter-upper person!
7. Ask everyone which piece they would like to start with, serve from the knife and then smile broadly. Lastly serve yourself that perfect piece you cleverly arranged to be at the bottom of that beautiful stack of slices from the breast.



*Happy
Thanksgiving!*

While you're enjoying time in the Gorge, you may wish to add a huge adrenalin rush to that great new experience so...



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A Down Home Thanksgiving

Holidays trigger different feelings in each one of us.

As Thanksgiving approaches, my memories travel to Eastern Kentucky. The years roll back, back to those ole down home Thanksgivings; such an easy memory to find.

The beautiful countryside, steep mountains and narrow hollers.

The old farm and most importantly, Grandpa and Grandma's house. Heaven, right here on earth.

A timeless place in which to acquire memories. Valuable gifts indeed.

I am easily transported to a place where a grand celebration will soon begin. The celebration, in this house, was no gala event. In fact, just the opposite. It was a modest celebration of faith, family and love.

The guests included all my aunts, uncles and cousins - numbering in the forties. We filled the house to the seams, yet somehow, we were always comfortable.

The preparations began on Wednesday. That was when all those from out of the area arrived, bringing with them their own secret specialties. I remember how all the pies and desserts would cover the top of Grandma's old chest freezer. The breads and drinks were put out on the enclosed porch and the trusty Frigidaire had to contain most everything else.

Ironically, the cooking was yet to begin in Grandma's kitchen. First things first. All the stay-over guests had to be settled in for a good night's sleep. Everyone knew tomorrow was going to be a busy day.

I remember laying in bed and hearing sounds coming from the kitchen. Grandma would get up in the wee hours of the morning and put the turkey in the oven. Then it was back to bed until the rooster crowed.

With that alarm, she was up again; this time to stay. Grandma got busy preparing the kitchen for the huge project which was about to begin.

But first, she would fix the best country breakfast ever. A breakfast which filled the kitchen as well as your stomach and your heart, as the family shared the dawning of this official day of "Thanks".

After breakfast, all us kids took off to play. The men settled in the living room. Their chore: to try to tune in the traditional football game. They usually stayed put until the dinner bell rang. And it would ring... eventually.

While the men and children stayed out from under-foot, the kitchen filled with cooks and laughter.

Shortly, the kitchen was transformed into an instrument and began producing an aromatic sonnet that floated thru the air. Smells of turkey, pumpkin and vegetables blended together to set your taste buds dancing!.

As the afternoon began, the noise level throughout the house was high. The living room roared with cheers and jeers, while laughter still echoed from the kitchen. The sonnet of aromas had by now burst into a fragrant symphony.

At long last, the dinner bell rang. The whole family crowded into the kitchen. My Grandpa then instructed us all to bow our heads as he began a prayer of Thanks. He always thanked God, for his loving family, for the bounty of food and for God's Grace on the fields, which had provided most of the food.

With an "Amen" the men sat down at the table. They got their plates first and ruled the kitchen for the next 30 to 45 minutes. After the men's plates were full, my mom and aunts would fill the kids' plates. As each child received their plate, we would head to the upstairs stairway. There we filed up to the top stair and worked the seating downward. Two or three kids per step.

The conversation, on those steps, was usually of our Christmas to come or what we were going to do after dinner. Those old steps were the children's dining room for many, many years. The older kids were seated at the swing on the enclosed porch. Lawn chairs gave some extra seating.

I remember thinking, "Someday I'll be big enough to go to the back porch too."

The women never stopped puttering around that kitchen until all the men had finished their grand meal and retired to the living room.

With the men and children all fed and cared for, the women would then take a seat at the table where they finally got to taste the fruits of their labor. There they would sit and enjoy good conversation, good company and good food.

Those women truly seemed to have enjoyed all the hustle and bustle of the day. This was their time to take stock in what this day really meant. Their love surely showed; in the dinner, the way they served it and the laughter throughout the process.

I realize times, have changed. Many today would label the behavior of the men towards the women and children as sexist and elitist, but I must admit... I wouldn't mind eating dinner on those old steps again. To experience, just once more, that intense level of faith, family and love.

A tradition that, sadly, seems to be slipping away.

This is a slightly edited for story from Tina Seigley's book:

Of Chicken Coops and Tea Parties

Ye Ole Country Peddler

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The Real First Thanksgiving



Everyone has heard the story of the Pilgrims and the first Thanksgiving. How they landed at Plymouth Rock after a grueling forty-day voyage aboard the Mayflower and then endured a long and bitter winter. What many don't know is that the Pilgrims did not originally intend to land at Plymouth Rock. They had planned to land south of the Hudson River, but they missed a bit. That and the fact that they were running out of essentials and beer. That's right - beer! An entry from the actual Mayflower log states, "Victuals mostly spent, especially our beer."

That first Thanksgiving celebrated by the Pilgrims wasn't the first such celebration in the New World. Settlers in Canada and in the colony of Virginia had already celebrated their Thanksgivings many years earlier. The Plymouth Colony celebration was also a reflection of the English harvest festivals.

After the rough time the Pilgrims had endured the previous year, it seemed that truly Salvation had been generous. The Indians had taught them how to grow corn and their cribs were full. They had bountiful crops of other vegetables, plenty of game from nearby forests and fish from the streams.

Wild berries were made into sweet wines and, most importantly, they were at peace with the local Indians for which they were justifiably thankful.

Governor William Bradford set aside a day for prayer and feasting.

Chief Massasoit and eighty or ninety Indians were guests, invited to share the bounty out in the open air. There were games and contests, races, songs, sermons and many prayers of thanks. Captain Miles Standish paraded his "garrison" to impress all in attendance (or was it to impress Pricilla?).

It is not clear exactly what day was chosen. Some sources cite December 13 others say it was in late October.

George Washington declared January 19 as the first official day for Thanksgiving and for many years there was no clear consensus as to when the day should be celebrated.

For many years, Sara Josepha Hale (author of the song, "Mary Had A Little Lamb") tried to get an official day designated as Thanksgiving Day. Finally, in 1863, President Lincoln proclaimed the last Thursday of November be a 'day of thanksgiving'. President Roosevelt moved the day ahead a week in 1939, to give businessmen the benefit of a longer Christmas shopping season. There were many who protested this change. In 1941, Congress legally established the fourth Thursday in November as Thanksgiving Day.

Nowadays, we celebrate this uniquely American Holiday by gathering family, feasting on the traditional turkey and cranberries, and watching a shoot-out between Cowboys and Indians (*Washington Redskins*). Or maybe Vikings fighting Lions.

Thanksgiving Trivia

About 46 million turkeys are cooked for each Thanksgiving.

Then, for Christmas, 22 million families cook another turkey.

According to the National Turkey Federation, only 88% of Americans chow down on turkey. Which begs the question, what are the other 12% cooking up?

Mostly hams and/or chickens, ducks, geese and game birds.

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