

July
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August

Caloosa Chronicles

Bi-monthly publication of the Caloosa Riders Bicycle Club
of Lee County, Florida
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The Gypsies in Loyalist Territory

Have any Caloosa Riders driven the Canadian 401, passing Kingston and heading to Toronto, and not realized what a gem of an area lays to the south: Prince Edward county in Ontario? This is nearly home country for Dennis and Joan Godfrey who discovered this Canadian gem and decided to share their find with the Caloosa Riders.

The Continuing Travels of Dennis & Joan

by Dennis and Joan Godfrey

Prince Edward County has an interesting history beginning with the native Cayuga Indians who called it Kentio, meaning meadow or pasture, which later became Kente. The Kente portage at Carrying Place is reputed to be the oldest road in Canada. Samuel de Champlain paid a brief visit here in 1615 and noted that it was a rich and cheery country with vines, walnut trees and abundant fish. The French spelled it Quinte or Presqu'île, which it is since it is an isthmus. In 1668, the Sulpicians, urged by the governor, and at the invitation of the Indians, were the first missionaries in the county and found life quite a challenge. The next major event was when the United Empire Loyalists settled here in 1777. King George the Third was having disagreements with his 13 colonies on the eastern seaboard and those who chose not to support the Declaration of Independence fled north to avoid persecution. These loyal subjects were given protection and help by his majesty in the form of food and land. Many of the pioneers left quite luxurious homes behind in the States and had to start over again in "The County", as it is known. It was back to basics, weaving rough cloth, learning again how to farm and accepting help from the Indians, even learning how to scrape deerskin so clear that they could use it as windowpanes, together with many other skills.

The whole region was named for Edward Augustus, the Duke of Kent, fourth son of George the Third, who was Commander in Chief of British Forces in North America for one year, 1799 to 1800. Perhaps, apart from the county, he is best known for being the father of Alexandria Victoria who became England's longest reigning Queen. Three of the townships (burghs) are named for his sisters, Mary, Sophia and Amelia.

From a small group the population grew. Many were Methodists, with Quakers following later, and then the Salvation Army in more modern times. There was much intermarrying, and by 1828 the population was 9476. Over the years the county flourished with many industries from lumber to extensive shipbuilding, textile mills and a busy fishing trade, and even a lucrative traffic in barley and hops for the American liquor industry. However, fortunes change, and with the coming of the railroads in 1856 Prince Edward County was no longer a crossroads, but a backwater bypassed by the busy commercial life of a bustling province. In the 19th century, a major problem was the long haul by boat needed to circumnavigate the county. So, beginning in 1890, three hundred men were employed for two years digging the Murray Canal; it was five miles long and allowed travellers quick access to Lake Ontario from the Bay of Quinte. Nowadays the canal is open throughout the summer for use by leisure craft. There was a viable canning industry here until the 1940s. However, this trade was canned (sorry about that) as a result of an embargo on tomatoes by the US.

Today, the area has a thriving agricultural community including mixed farming, raising horses, cattle (polled Herefords and Holsteins), pigs, chickens, emus, sheep and

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Ride Schedule & Meeting Dates

All Riders: Download ride maps before club rides. Maps to all rides can be found on the club's website: www.caloosariders.com. Only new riders will be given maps at the ride start. Rides leave at 7:30 a.m. All rides are between 30 and 40 miles unless otherwise noted.

All Sunday rides will leave from Bell Tower in Ft. Myers, Buckingham Park on Buckingham Road, or Pelican Park in Cape Coral. All Saturday rides will leave from Buckingham Park on Buckingham Road east of S.R. 82 at 7:30 a.m.

July 2004		
Sat, 7/03	Alva Special	Bob Hale, 772-9402
Sat, 7/03	Short & Sweet 15 Miles	Linda, 454-5081
Sat, 7/10	Gateway Special	Gerry V., 694-6757
Sat, 7/17	Greenbriar	John Wood, 772-2834
Sat, 7/17	Short & Sweet 15 Miles	JoAnne, 936-1058
Sat, 7/24	Alva Special	Ron Cox, 334-7530
Sat, 7/31	I Like Ike	Dale V., 768-0754
August 2004		
Sat, 8/07	Golfview	Rosemarie, 303-0476
Sat, 8/07	Short & Sweet 15 Mile	Linda, 454-5081
Sat, 8/14	Greenbriar	Dale S, 540-1260
Sat, 8/14	Short & Sweet 15 Mile	Millie, 549-1366
Sat, 8/21	Gateway Special	Jeff Brim, 939-7263
Sat, 8/28	Golfview	Wayne, 936-1058
Sat, 8/28	Short & Sweet	JoAnne, 936-1058
September 2004		
Sat, 9/04	Alva Special	John V., 369-1260
Sat, 9/04	Short & Sweet 15 Miles	Linda, 454-5081
Sat, 9/11	Gateway Special	Dale V., 768-0574

Tuesday & Thursday Rides

Pelican Park, Cape Coral, 7:30 a.m. The group rides various routes through Cape Coral. Mileages vary between 20 and 50 miles. Some of the riders maintain a conversational pace (12 - 15 mph) while others ride much faster.

Wednesday Ride

Summerlin and Colonial in Ft. Myers 8:00 a.m. The ride follows the Summerlin Bike Path. This is a fairly intense ride with average speeds being far above a conversational pace.

Sunday Rides

Bell Tower: Racers meet at 7:30 a.m. This ride is for expert riders interested in racing.

Buckingham/Lehigh: 7:30 a.m. Lehigh area Pace: 17-18 mph, distance 25 -35 miles, no stops. Contact Gerry Venema, 694-6757. (A shortened version is done by 9:30)

Pelican/Cape Coral: 7:30 at Pelican Park on Pelican Blvd, north of Cape Coral Parkway. Pace: 12 to 20+ for 26 to 35 miles. For information, call Jackie at 542-2382.

Future Meetings

Thursday, July 22

Thursday, August 26

Tuesday, September 23

Thursday, October 28

Thursday, November 18

All meetings are held at Lee Memorial Hospital Auditorium. The Auditorium faces Cleveland and is identified with BIG letters above the door.

The highlight of the meeting is the pot-luck supper. Bring a dish to share.

Saturday Breakfast

Many of the club members meet for breakfast at Franke's on Fowler, north of Winkler. All club members are welcome to join the group.

Saturday Rides

A Banana a Day Keeps the Doctor Away

Bananas. Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and rehydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites : Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in *The New England Journal of Medicine*, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

Thanks to Stu Hodes for sharing this article.

The Continuing Travels of Dennis & Joan Godfrey

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goats. There are apple orchards and strong growth in the development of vineyards and subsequent wine production. Asparagus and strawberries are also important crops. During the harvesting season, many migrant workers arrive to gather the produce. At the turn of the century there were twenty-six factories producing Prince Edward County and Black Diamond cheese. Today, only one remains at Black river. As a measure of the importance of farming to this region, it is interesting to note that the Federal Agriculture Minister, Lyle Van Clief, makes his home here!

Picton is the county seat and is, by far, the busiest town in the county. It boasts the only hospital, the county's newspaper and a handful of secondary businesses. During the summer season it attracts thousands of tourists to its antique stores. Yet, each town or village seems to have something of historical merit, be it a mill, church or pioneer home (or even a welcome coffee shop or ice-cream store!). Many of the farmhouses, villages and roads bear the names of the original settlers. PEC has several Conservation areas, numerous campgrounds, accommodations of all levels and the well-known Sandbanks Park with its dunes and beaches. Presqu'ile Park is famous as the starting point for the Monarch butterflies as they begin their migration to Mexico

Now to the glorious cycling! This is a softly contoured land with rolling hills and unspoilt verges and hedgerows. Miles of snake fences, many of them built long ago, bound sweet smelling meadows. The roads are well kept and the surfaces excellent; it is pretty and quiet, and the few drivers we meet give us lots of room. From the cyclist's perspective it is **not** flat! There are a number of sharp hills to challenge the thighs and many grades, the ilk of Chemin St. Henri, to raise the pulse rate.

The following quote from a book, 'The County', by Richard and Janet Lunn says a great deal about weather conditions here:

'By the time it sweeps over the low western shores of PEC, the wind has had more than 100 miles of open lake over which to build its strength. It piles Lake Ontario into long rollers onto the beaches and limestone outcroppings. It shapes and reshapes the dunes of sand up and down the south arm of Wellington Bay. It sifts through the cedar and juniper that fringe the shores and pours persistently into every hollow, over every low hill. It is not a destructive wind; it is a mild firm wind. Only when it veers around to the east or north does it bring storms. But, because the county is flat (obviously not cyclists!) and low, it's an all-the-time wind. There's no getting away from the fact of its presence. The wind helped make the land, and the feel of it is everywhere.'

It certainly is an 'all-the-time' wind so we tend to ride early before the wind increases. Whilst we are content to ride as a team of two, and do bit and bit as

the conditions merit, there are times on the windier days when we really wish we had a group to shelter behind! Early in the season, on May 18th, we set out on a 100 kilometre with a disciplined group of four others starting from a funky bike shop in Bloomfield. They were all much younger than us but we rode well together. However, at the 50 Km mark, we decided to go our own way as we were doing 35Kmph going uphill! We did have a great day and eventually did eighty Kms on this drive and cycle event. Incidentally, the bike shop, the only decent one around, is unique and worth a visit; a helpful crew, who are all cyclists, runs it. A trip to their bathroom means giving a warning shout before you go up the ladder. There are no doors or drapes and keep your helmet on because you will bang your head on the rafters! Check out their site: www.reach.net/~bbc/

The scenery is delightful and we have enjoyed the progression of wild flowers, from the trilliums, the wild lilacs planted by the pioneers, the phlox, to the loose strife and the black-eyed susans and many, many others. Wildlife and water birds are abundant. We have watched numerous large turtles laying their eggs in the roadside gravel, and have wondered just how they manage to survive when the raccoons follow them along and gobble up the eggs. (But we have since seen numerous babies crossing the roads).

On an earlier ride we happened to see what looked like a large wide winged aircraft moving slowly along in a field. It turned out that this was a vehicle carrying workers who were picking asparagus under the shade of the big white wings. In mid July, when out on the hybrids, we caught up with a brave young woman from Thetford Mines, doing a solo ride for cancer around Lake Ontario. She was camping, riding 100 Kms per day and hoped to be back home by August 4th.

For the single track set there is an area in the eastern part of the County called McCaulay Mountain, which offers great challenges with many Kilometres of good tech riding. Currently our exploration has been confined to the northwest portion of the county, as we prefer to ride from camp. By taking a 10 or 13 Km route through Carrying Place we are able to reach an excellent network of roads that pass through endless fields and forests. There are so many more routes waiting for us to explore and we shall do just that next summer. Why not bring your bike and try it for yourself?



Membership Application

Please Print Clearly and Read Completely

Name: _____

Address: _____

City _____ State: _____ Zip _____

Phone: Home: _____ Work: _____

E-Mail _____

_____ New Member

_____ Renewing Member

_____ Family Membership: \$20

Spouse's Name: _____

_____ Single Membership: \$15

Membership is for the calendar year. Membership applications dated through October remain in effect until the end of the year. Applications dated November and December remain in effect through the following year.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in Caloosa Riders (Club) sponsored Bicycling Activities (Activity) I myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISK AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (RISKS); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE RELEASEES NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the League of American Bicyclists, their respective administrators, directors, agents, officers, volunteers, and employees, and other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the releasees herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY NEGLIGENCE OF THE releasees OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTANDING ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Member's Signature _____

If Family Membership, Spouse's Signature: _____

Date: _____

Mail to: Caloosa Riders
P.O. Box 870
Fort Myers, FL 33902

Make checks payable to Caloosa Riders

Benefits of membership...•Newsletter•Discounts•Club Meetings•Free Classifieds

Club Member Discounts

These businesses will give Caloosa Riders members a 10% discount on non-sale items.

Bicycles are not included. Show your membership card.

Paradise Bicycles

Cape Coral
1712 Del Prado Blvd.
772-2453

A.J. Barnes Bicycle Emporium

15248 S. Tamiami Trail
Fort Myers
437-0373

Hearing Aid Services

McGregor Point Shopping Center
433-2060
Bonita Springs
947-2222

Mother Earth Natural Foods

5 locations
Cape Coral, Ft. Myers,
North Ft. Myers
South Ft. Myers Store
Claire Pedersen, Mgr.

University Quickprint

4425 Del Prado Blvd.
Cape Coral, FL 33904
Tel. 542-1020
Fax 542-4882

The Bike Route

14530 U.S. 41 South
Ft. Myers, FL
Tel. 481-3376

Fort Myers Schwinn

3630 Cleveland
Closed Sunday & Monday
Ft. Myers 939-2899

Wooley's Bikeland

1025 Tamiami Trail
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