

## TOM BELL

PHOTOGRAPHY SARAH TACOMA

Collingwood's Tom Bell is travelling the world on his bicycle and raising money for Hospice Georgian Triangle along the way. The retired 67-year-old recently completed a four-month, 11,200-kilometre ride from Cairo, Egypt to Cape Town, South Africa. Three years ago, he pedalled the length of South America from Cartagena, Columbia to Ushuaia, Argentina. Tom has



raised \$40,000 for Hospice Georgian Triangle, where he volunteers, visiting terminally ill patients at home. When he's not planning his next cycling trip, he's training at the YMCA, golfing, playing hockey and enjoying a game of bridge at the Leisure Time Centre.



WHY COLLINGWOOD? The father of two grew up skiing at Blue Mountain and his parents owned a cabin at the north end. "It was a bungalow full of bunk beds," says Tom, who was raised in a family with six kids. When he retired from Canada Post at the age of 55, he moved from the city to his condo in Southern Georgian Bay to enjoy the great outdoors. Tom joined the Ski Patrol and has also worked on the Blue Mountain maintenance crew. "I like the small town feel of Collingwood," Tom says.



**CYCLING:** Tom's ride is a Kona Sutra steel framed tour bike. It's taken him on some pretty awesome rides. He has cycled across Tuscany, Vietnam, Cuba and New Zealand. He has also trekked to base camp at Mount Everest. It was in Nepal that Tom was introduced to Buddhism. "Buddhism introduced me to the concepts of minimalism and mindfulness, which can be practised every day on a long distance tour," he explains. The best part of every journey, Tom says, is "waking up and riding to a sunset and stopping along the way to meet the villagers."

**HOME:** The walls in Tom's condo are full of art and memories, including large maps outlining his trips to South America and Africa. Tom doesn't watch television and prefers to read in his favourite spot, on the sofa. He's currently reading a biography about British explorer Sir Richard Burton. He's also contemplating his next cycling trip. "Every time I complete a trip, I tell myself 'never again,' " he laughs. But he's considering a trip in 2020 along China's Silk Road.

**AWARDS:** Earlier this year, Tom was inducted into the June Callwood Circle of Outstanding Volunteers, which acknowledges outstanding Hospice Volunteers from across Ontario. Tom discovered hospice when both his parents were in care prior to their deaths. It was through that experience that Tom decided to dedicate his love of cycling to help others die with compassion and dignity. on





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