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### Baby Boomer's Bike Ride

Age Concern's Director and Treasurer, James McCulloch, is leaving his calculator behind for a few weeks in May-June this year. He is planning to push-bike all the way from Lands End in south-west Cornwall to John O Groats at the north-eastern extremity of Scotland.

That's over 1,000 miles, with many hills in the way and, no doubt, all kinds of British weather to contend with. James is using the effort to raise money for Age Concern. Although he has never been a serious cyclist, James took up the sport under the guidance of the Cardiac Care Unit at KEMH in 2008. That was after he underwent a triple heart bypass operation in Johns-Hopkins Hospital that year. The Unit emphasises lifestyle changes including regular exercise, usually based on walking. However, James is an amputee, having lost a leg following a traffic accident several years ago. So as he cannot walk very far he decided to buy a push-bike and cycle instead.

From very modest beginnings James extended his distances and frequency of bike rides and then had the unusual idea of seeing if he could extend things further until he might manage the well-known 'Everest' of long distance cycling by attempting the 'LEJOG' challenge.

We wish James 'all the best' in his attempt, for which he is still training by riding around on Bermuda's roads. There can't be many 63 year old amputees who are heart patients and take on this kind of venture. Just goes to show what older people can achieve if they persevere. There are many 'young 'uns' who would be daunted at this prospect.

### SAVE THESE DATES

**April 29th**  
**Mello Jones & Martin Charities House**  
 Legal Clinic  
 Wills, Estates & Powers of Attorney  
 20 Minute Free Consultations  
 (Sign Up Required)

**May 19th**  
**C Travel** - Cruise or Fly?  
**HWP** - Latest in Cars & Motorcycles

**June 2nd**  
**Age Concern AGM**  
 visit [www.ageconcern.bm](http://www.ageconcern.bm)  
 for details

**June 15th**  
**Crimestoppers** Be Smart, Be Safe  
**OBMI** - Solutions for Seniors

**July 21st**  
 Bermuda International Eye Institute

Announcing the  
**50+ Lifestyle Expo**  
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### Good Luck James

For more information about the ride & to track James' progress please click on **Baby Boomer's Bike Ride Blog** which you might enjoy reading. If you would like to contribute by sponsoring James then you can do so by sending a cheque to our offices, payable to Age Concern Bermuda, with a note that it is in respect of this effort. Or you can visit our **donations website**

**DON'T FORGET THE MOTHER IN YOUR LIFE ON MAY 9TH. 10% OFF AT LINK PARTNER "JUST ROSES" FOR ALL AGE CONCERN MEMBERS. PLEASE SHOW YOUR CARD. (EXCLUDES OVERSEAS ORDERS)**

*Quick Pork Loin Chops for Two*  
 Sauté filets in olive oil until seared on both sides. Add the mushrooms. Prepare gravy per package directions, reduce the water content by 25%. Pour over pork, cover and simmer for 20 minutes or until tender.  
 Great with boiled new potatoes & Bermuda pumpkin  
 4 Pork Loin Filets  
 2 Packages of Onion Gravy  
 1/4lb. quartered fresh mushrooms  
 1 tblsp. olive oil



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