When wasps attack

I was reading the Aug/Sep issue and

saw the hairnet-on-the-bike-helmet

injury warning that came after it).

Last September, I was cycling

across the bridge over the Clyde

into my helmet. Throwing off my

helmet, with my glasses skittering

alongside it (now broken), I realised

I had been stung four times on my

scalp while it crawled inside the

helmet. It flew away and I went to

work with one eye mostly closed for

tip for deterring wasps (and the neck

when a wasp flew inside my glasses,

stung me by my right eye, then went

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Pop to the shops

Shopping by bike is good for your health, the environment, the economy, and overcomes parking problems. It is perhaps a little restrictive on carriage weight and volume but how it lifts the spirits! Covid spoiled two years of all our lives and public transport was a difficult substitute. Popping to the shops was a real life saver for me.

I'm now 92. I cycled as a child and with my family, then returned to riding aged 65. I joined the local Bicycle Belles ladies' club, cycling every Saturday. When my friend Betty contracted Alzheimer's, I decided to ride 1,000 miles in 12 months to raise money for the Alzheimer's Society and the Live! Cheshire charity. In 2018 I was nominated as one of Cycling UK's 100 Women in Cycling. **Sylvia Briercliffe**



Warm showers

Having recently retired, I have decided it would be good to do some cycle touring, primarily in the UK but potentially abroad in the future. In looking for cheap accommodation options, I came across **warmshowers.org**, which facilitates "reciprocal hospitality for cyclists and hosts".

Before I part with \$30 to join their network, I wondered if many Cycling UK members are also members of the warmshowers community. What have your experiences of hosting and being hosted been like? Are there many hosts in the UK?

Feedback from any members would be very helpful. **Paul Fletcher**

<u>Photo of the month</u>

Standard bearer



Having seen the item in the Oct/Nov issue about the cycling mural in Manchester, I thought you may like this: a new mural

in Beeston, Nottinghamshire, commemorating Sid Standard. Sid ran the local bike shop and led many rides. He was particularly noted for bringing on the youngsters, including future fashion designer Sir Paul Smith. The mural includes Sid's well-known saying: "It's all rideable." *Ian Newton*

CYCLING UK FORUM

Get immediate feedback from other members at forum.cyclinguk.org. Here's an abridged extract from a recent thread: cyclinguk.org/ winter-glove-recommendations

GOOD WINTER CYCLING GLOVES?

Jon in Sweden: This will be our first winter in Sweden and also my first winter on the bike since I was a child (in Derbyshire). Can anyone recommend good gloves that will see me through the winter?

Paulatic: I find EDZ Boiled Wool Gloves really warm and perfect for cycling.

roubaixtuesday: Carnac Waterproof **Crab Hand Winter** Gloves from Planet X (£14.99). Would also strongly recommend thin synthetic liner gloves with any winter glove when really cold. Jdsk: Would you consider electrically heated gloves? tenbikes: Pogies are the best of any kind of glove for winter... 45Nrth or Rock Brothers. I have both; the RB are warmer and half the price. KM2: Ex-army mitts, with trigger finger.

Lamb skin inner attached to leather palms, thumb and canvas backing. I'm still on my first pair, stamped 1955. Slowster: I think that tenbikes is right: pogies, probably combined with a thinnish fabric glove, e.g. wool or polypropylene. foxyrider: My cold weather gloves are actually ski gloves. Think i've got five levels of glove plus the over mitts and liners, so there is something to suit all conditions. Bmblbzzz: Also think about your eyes: clear glasses to stop them drying out and/or streaming with water in the cold. I also found a buff or similar around the chin a great help. Dingdong: My preference is for thin, 100% wool black gloves. The same as burglars use! They heat up very quickly and dry very quickly if they do get wet.



Does anyone have any other tips to handle wasps? *Liz Small*

three days.

Quality cover

I recently experienced some great customer care from one of Cycling UK's partners, Yellow Jersey. I had a minor incident when I had to avoid a car reversing carelessly out of a side road. Having swerved, I lost control of the bike, hit a hard ridge hidden in the grass verge, and fell. Thankfully I missed the car (which disappeared) but buckled the front wheel badly.

Yellow Jersey quickly agreed the insurance claim and suggested I get the fork professionally checked out – even though it didn't look damaged, it could be. As it turns out, they were correct. Yellow Jersey found me the right replacement fork and got it delivered the next day to my local repair shop, who also built a new wheel around the undamaged hub dynamo.

It was fantastic service. So thank you to Yellow Jersey for getting me back on the road so speedily and safely. **Bill Clegg**