

Retiring Ron

Growing old disgracefully

October 26

Greetings and big love. Hope September was special for you. Incredibly varied month again. Our 31st wedding anniversary. Thank you Mrs Shill for staying the distance. Murderers get shorter sentences. Bonded with new pal Andy. Travels only took me to South Wales, Bristol and Bath for lunch with the marvellous Jojo. Sadly, lost some loved ones again. May they all rest in eternal peace.



Celebrating our wedding anniversary al fresco in Camden, 21 Sept



Queen Elizabeth made me a king 31 years ago in St Lucia



Walk through Regent's Park to top of Primrose Hill

After a relaxing night in Bristol, hopped over to Bath for lunch with the fabulous Joanna, my workmate from Cayman. She is a digital marketing queen. Check out her website <https://www.joannalewis.media>



Jojo kindly gave me some marketing tips for my website



Also popped to Neath, South Wales for fish'n'chips at my distance cousin's shop



For cod's sake! It's fintastic



Allan Shillingford's chippy is top quality, there's no place that can batter his. Weird thing is, once I left him after he greeted me like a long lost brother he ghosted me completely! Strange man.



This great tapestry was on display with four others to honour all the Caribbean people who served in the last world war



To see the tapestry a trip to the dark side was necessary. Tottenham



At least I got to link up with the lovely Donu there, over from Nigeria



Kensington Palace for a focus group session



This famous bust of a former prince captured into slavery has been on display for over 300 years



Diana is still a huge attraction in Ken Palace, 30 years later



The British Museum to appreciate millions of artefacts raided from all over the planet



North American stuff was the nearest to a Caribbean section



The Greek bit is interesting too. You feta believe it



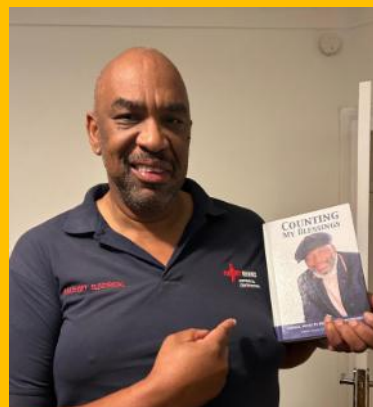
Chuck Anyia's autobiography, ghost written by yours truly, is gaining traction daily. Had a lot of media attention recently, thank you Stevie B and Donu. Going into schools soon. Our official book launch is in Watford on Sunday 25 Oct. Message me for details.



Chuck signing books for keen buyers

amazon

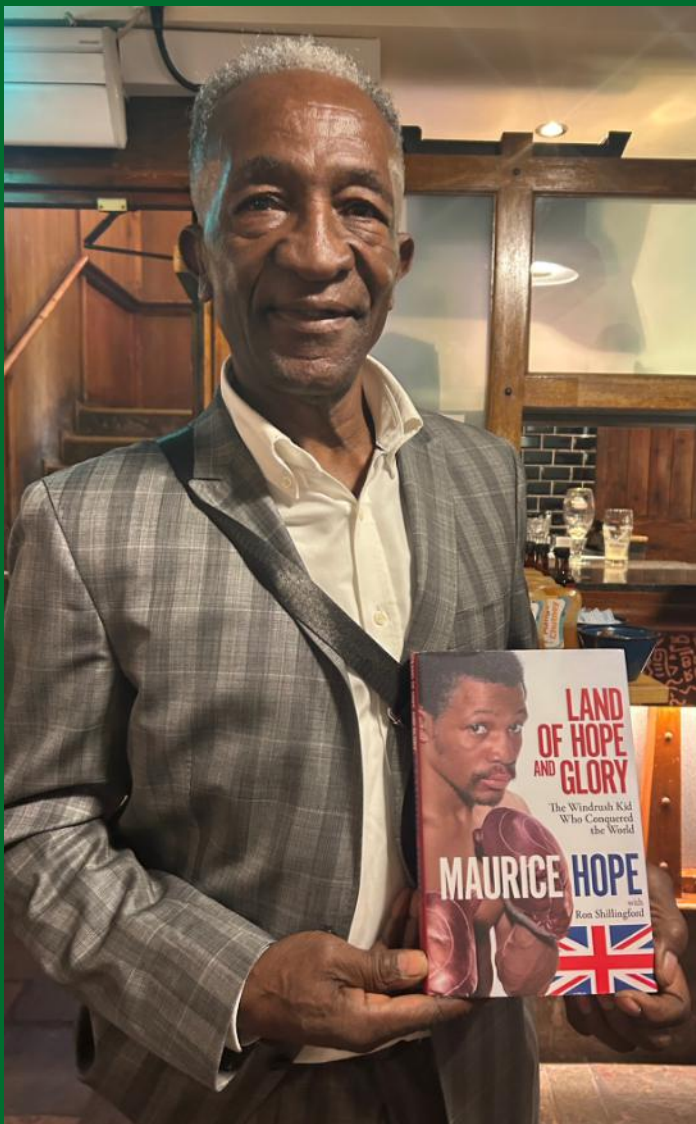
<https://www.amazon.co.uk/s?k=counting+my+ blessings+chuck+anyia>



Celebrated DJ Stevie B promotes Chuck on his radio show



Donu is thrilled to get her signed copy



Maurice always promotes our book at the London Ex-Boxers Association meeting. We paid tribute to recently passed members Jimmy Batten, Tony Laing and the gangster Eddie Richardson



This special lady used to sell me drugs before she retired. Amrat was my local pharmacist



On the tube home got chatting to Alex, a Brazilian visiting from Sao Paulo going to the England-Spain game to support the Three Lions



With new china Andy at an exhibition in Stepney Green



Congrats Marva on ten years at your salon in Kilburn, despite the challenges of the covid years. I'll come for a perm soon



Having fun as cameraman as Juliet and Donu record their inaugural podcast



Strolling along aimlessly in Hyde Park and bump into the wonderful Wendy, my friend from Cayman days!



It's 70 years since Transport for London first recruited from the Caribbean community so a visit to its museum in Covent Garden was a must

Haven't had pie & mash forever but thanks to my new china Andy we went for a session in Camden. Loved it. Thanks mukka. Swerved jellied eels though. Now only if they had a jerk version...



Geezer had to let out his braces after inhaling three pies



Andy has his eyes on the pies



Thanks Andy, it was absolutely mashing. We had a proper knees up



Andy then introduced me to the Freemasons Museum in Covent Garden



This place recently opened in Camden and well worth a visit





Just ringing the 70s to confirm safe reception of my new Chopper





Somali champ Ramla Ali has a world title fight next month. Good luck girl



Jasmine Jobson plays Ramla brilliantly in the upcoming biopic 'In The Shadows'



Jasmine and Ramla are champs in their own right

Calypso fans worldwide are mourning Mighty Sparrow taking his final bow. What a showman! Amazing talent and innovator. His huge catalogue is imbedded in the song tracks of generations of Caribbean party lovers. Thanks Dulcie for letting me know his passing. At 5am!



My fave Mighty Sparrows are 'doh back back' and 'London Bridge'



The Magic of Motown at the Harrow Arts Centre was mesmerising. Each singer took a lead on various classic songs



My faves included 'Jimmy Mack', 'Touch Me In the Morning' and 'I'm Coming Up'



Other crowd pleasers were 'Tears of a Clown', 'My Girl' and 'I Want You Back'



The Stevie Wonder medley was brilliant. He's coming over soon to celebrate 50 years since release of 'Songs In The Key of Life'. And guess who's got a ticket!

If you like this, let us know. If not, you must support Man U.

Finally: please show some love to the Retiring Ron team and donate the price of a coffee. Thank you:

<https://buymeacoffee.com/positiveshu>



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