

Retiring Ron

Growing old disgracefully

August 26

Record summer sunshine, so naturally it's essential to make the most of it before hibernation is necessary this winter. We paid homage to St Theresa and, by coincidence, attended a family film event promoting dementia awareness. Reggae nights aplenty. The Jamaicans must have

heard it's hotter here than home. World Cup was brilliant – except for Infantino and Argentina colluding to pinch it with every outrageous con. Zero shame. England edging closer to the Big One. Lions will soon roar. Chelsea's usual summer spree is sensible at last! Only took four years to see sense. Exciting times.



Westminster Cathedral, July 9, to mark the first anniversary of mum Theresa's passing



She celebrated her 90th last May



The London Apprentice, Old Isleworth, was mum's favourite riverside pub for al fresco lunch



Cheers St Theresa



Auditioning for 'Strictly'



I said a prayer at her old church, St Bridget's, Twickenham Road



Reminiscenced around Brick Lane, best known for its Bangladeshi curry houses. Fab time when I worked nearby. Let's get this paratha started



My fave curry house. Took my new boss Brian there Jan 2007 when he hired me to work in Cayman. We chatted naan stop. Even though he was Tottenham he tikka chance and put me on his staff roti



Monsoon selection. Keep calm and curry on



Smiley Issa serves delicious Senegalese grub



His jollof rice is unbowlievable



Brick Lane murals are all intricate



In the Vintage Market spotted Taylor Swift rummaging for a bargain



My cousin Rianna Patterson is an award-winning Dominican filmmaker and PhD researcher who directs social impact documentaries



Her latest is 'Dementia; The Island Journey'. It explores the cultural perspectives of aging and dementia across the Caribbean, including Dominica and Barbados



It was a rare chance for our family to meet, at the Homerton Library screening. Rianna dedicated the film to her grandfather Terry, my uncle, who passed from dementia - as did Mum, his sister



We were entertained with Dominica's traditional quadrille dancing



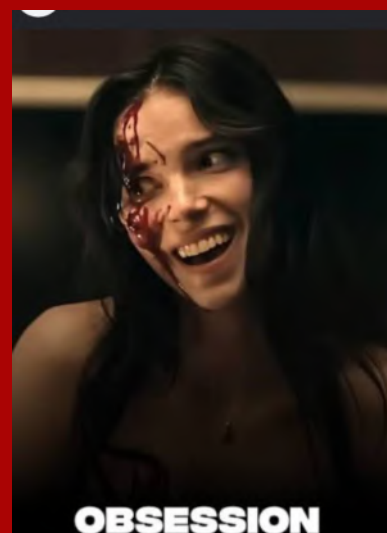
Busker beside Hampstead Heath station performs in her PJs. Maybe that's her interpretation of working from home



At the Angel Comedy show she had such a squeaky voice we thought the mic was faulty



Harlesden legend Roy 'Hawkeye' Forbes with daughter Aminah. Best local Jamaican niceness



An unexpected cult movie. Predictable but still compelling watch



Willesden Pathfinders were literally drumming up support marching past my gaff



Aspley, Herts is a picturesque village where boxing bestie George plays golf, which explains why there are so many smashed windows



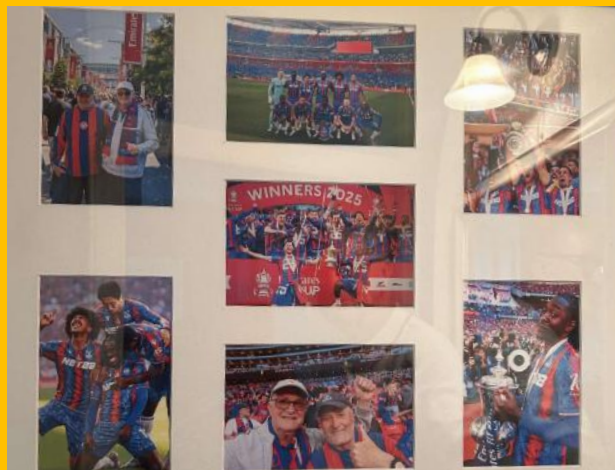
He has a treasure trove of boxing and jazz memorabilia in the attic



Amazing fight library. The VHS recorder dates back to logging gladiators battling lions.



Sugar Ray Leonard and Floyd Patterson are two heroes of George's from boxing's golden age



A big Palace fan, he soars to every Eagles game



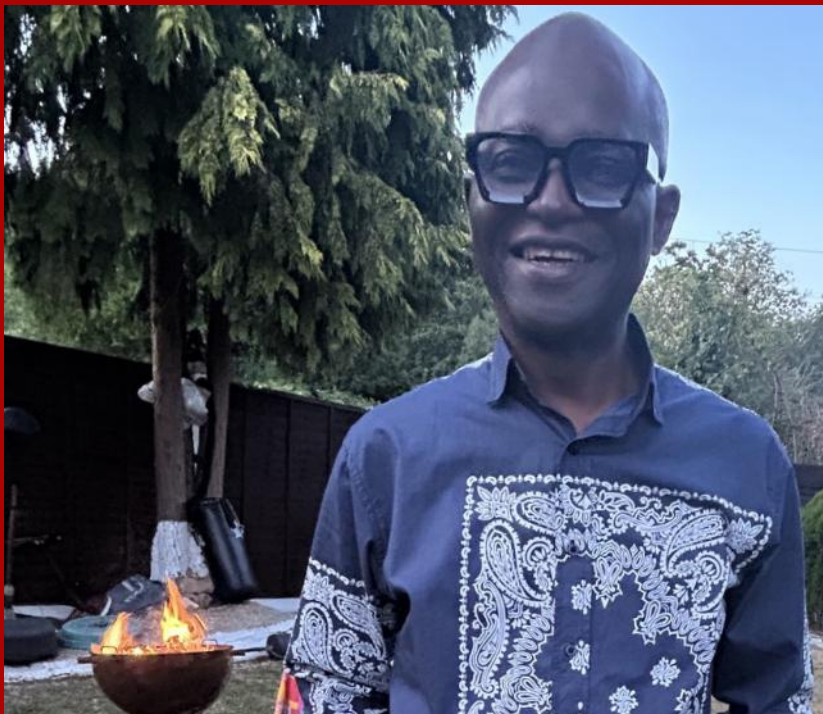
Wife Kathy is a sports fan too, thankfully for George



George thinks he's going to meet Buddy Holly. That'll be the day.



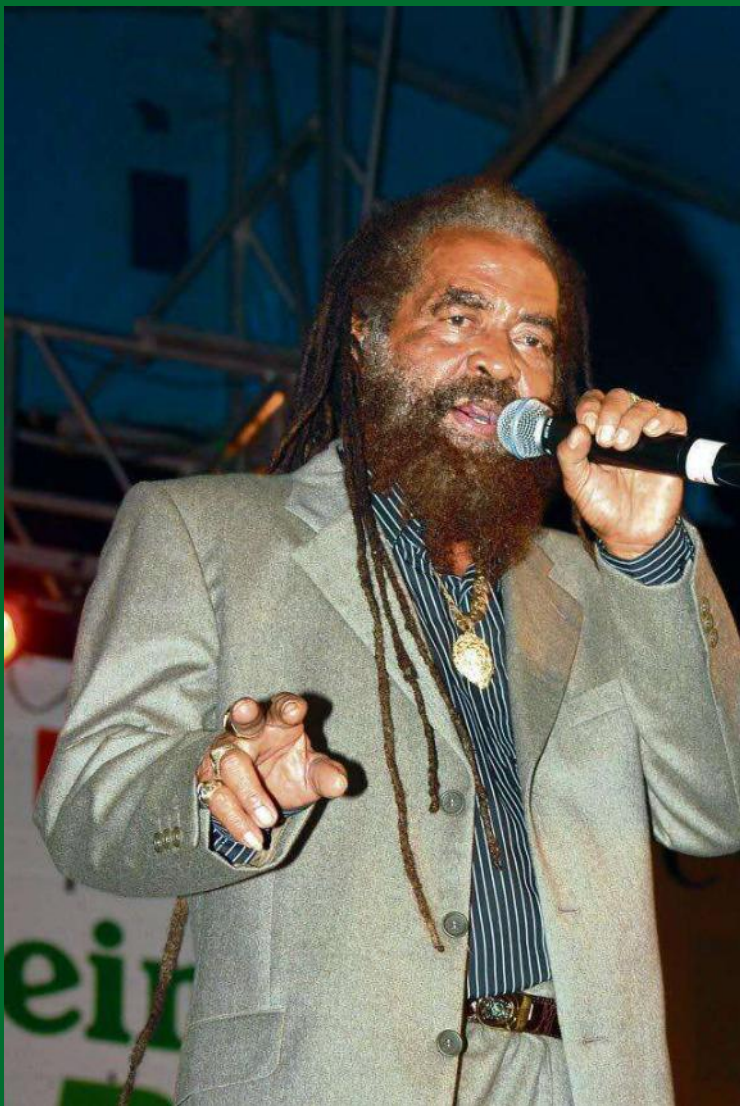
Congrats Maya for graduating with a top degree



Okey kindly donated his Arsenal shirt to get the barbecue going



Blessings for turning 18 Daisy. Much love.



Sir John Holt was reggae's finest crooner. He passed in 2014. Many hits were covers of classic pop tunes. But he also left a huge catalogue of self-penned gems



Mike Hernandez belted out some of John's greatest at the 100 Club. Crowd pleasers included 'Girl From Ipanema', Shirley Bassey's 'Never, Never, Never' and Bread's 'Baby I'm A Want You'



The band played a selection of John's best including 'Love I Can Feel', 'For the Love of You' (Isley Brothers) and 'Killing Me Softly With His Song' (Roberta Flack)



One John Holt original that crossed over was 'The Tide Is High', a hit for Blondie and later Atomic Kitten



Forty years since last seeing him, King Yellowman mesmerised at Jazz Cafe



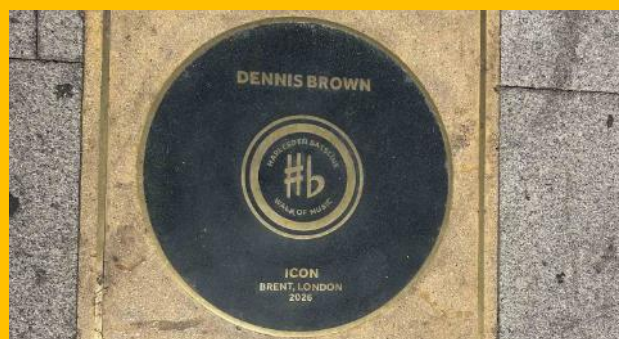
Abandoned as a new-born for being albino, Yellow has overcome jaw cancer to forge his superstar career



Still energetic at 70. But croaks rather than sings now



Feeling blessed at seeing a dancehall pioneer again. His final number wasn't his own but Marley's 'Rastaman Chant'. How classy is that!



Big up Brent Council for honouring its reggae legends with pavement plaques. King Bob also lived in Neasden briefly.



The July LEBA meeting was buzzing as usual. Sharing a laugh with Uncle Bob and Maurice



Two former world light-middleweight champs, Wayne Alexander and Maurice Hope MBE



David Smith is a retired journalist but he's busier than ever, writing for LEBA



Barbara is soooo devoted to helping LEBA prosper



Hogarth champs who all happen to be Chelsea devotees! No wonder we get on like family



Chas and Stephen love our meetings



Trevor Cattouse was a light-heavy champ



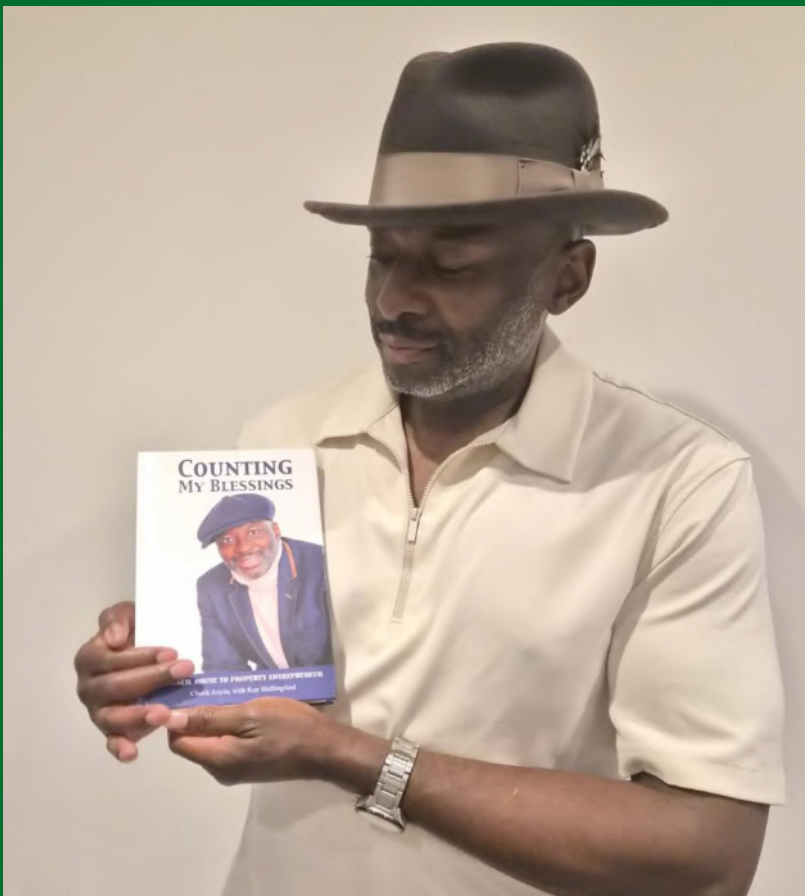
Simon gets photobombed by the always sensible Vernon Sollas



My dentist Deepa was thrilled to receive a signed copy

amazon

<https://www.amazon.co.uk/Land-Hope-Glory-Windrush-Conquered/dp/1801507112>



Chuck's book should be taken away on holiday

amazon

<https://www.amazon.in/Counting-My-Blessings-property-entrepreneur/dp/1836150822>



We celebrated Nelson Mandela Day and the 30th anniversary of the South African Constitution in Trafalgar Square on July 18





Nando's is a South African company so they had a cheeky presence



Bet that's the closest this charmer gets to pussy



This Palestine protest march passed beside the Mandela event without drama



Got some cool swag at Outlet, Greenwich. There's an Outlet at Wembley too. Designer stuff at reasonable prices





The monthly reggae session at Tabernacle, Notting Hill was unbearably hot. Didn't stay...



But at least I bumped into cousin Lee on the way out



Rum Kitchen, Camden is always an irie experience



The Windrush Food Culture exhibition at the National Maritime Museum had me salivating





Richmond town centre was locked off for its festival to promote community spirit and local businesses





This shop plays cool reggae vibes



The Ted Lasso pub was heaving



Felix performs like a pro



When Ted saw me beside his door he ran back to the pub



Relieved that Spain, easily the world's finest, overcame those cheating, racist thugs, despite Fix It For Argentina's jaw-dropping bias



Bellingham allowing Saka to take that hat-trick pen was heart-warming. Love Jude's worldy for his seventh, my Player of the Tournament. Relieved that Reece came back in one piece.



Superfan Nathan was at the Bridge for the Chelsea Memorial Day



Admirable Scouser spirit by Daniel, sticking to his fitness regime. Congrats bro



Spontaneous coffee and natter with Len the Legend in his Mayfair manor. Cheers mukka



*Last season was rubbish but we kept faith.
Our summer buys look promising. Hola
Alonso. New era, new hope. We've gained
two grandpas but at least Garnacho is gone!*

Please give the amazing designer Nathan and myself some feedback.

Thanks



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