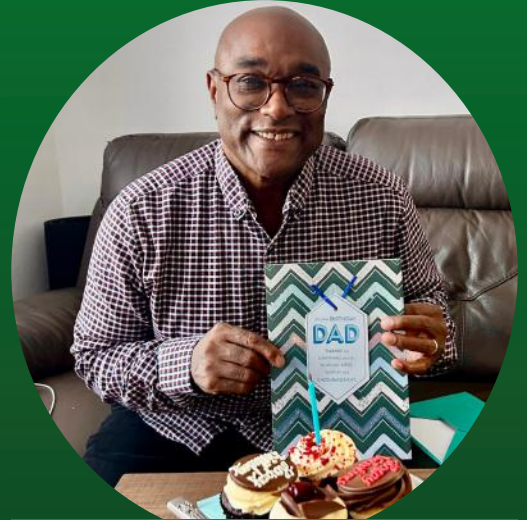


Retiring Ron

Growing old disgracefully

Edition: Feb 25

Phew! Cramming it in, but still fun. Valentine's Day marked my special day. Heaps of love all round. Spoilt rotten by Mrs Shill at The Ivy, St John's Wood. Then we were kissing in the back row of the movies watching 'Hard Truths'. Gripping but tough watch about family depression and dysfunction. But then, all Mike Leigh films are.



Treated like a king!



Yummy!



Restaurant celebration



Lovely lunch



An absorbing watch

Every first Sunday morn of the month the London Ex-Boxers Association meets at a Spoons in Holborn. Chance to swap vibes – thankfully, not punches - with past scrappers, particularly my former Hogarth Boxing Club mates. Bob Cheeseman expertly chairs. Uncle Bob loves my curry goat dinners. Even gave it a knockout review in Seconds Out, the club’s newsletter.



Don't mess with the Hogarth champs!



Uncle Bob is my hero

Mini-me Jasmin celebrated her big day. We met in Uli, an Asian restaurant near Marble Arch. Superb food and service. Nice choice Jaz. Is it really 29 years since making your debut?! Crazy how fast time passes.



When it all started, in 1996



Jasmin (beside me) had a superb birthday lunch



This dog lady was very friendly

Having a Freedom Pass means travelling all over for little or no outlay. So off I went to Maidenhead to disturb the locals. Stunning riverside views. A friendly lady walking her dog insisted I should come back in the summer when hot and sunny. Unlikely. Probably teeming with tourists!



Maidenhead has some great pubs



Riverside in Maidenhead

February celebrates the birthdays of reggae icons Bob Marley and Dennis Brown. Dennis 'Silly Games' Bovell hosted an old school night at Jazz Café, Camden. When he dropped Marley's 'Simmer Down' guess who went nuts! It's been my earworm ever since. On Feb 6, Bob's 80th birthday, it was total One Love at Hootananny, Brixton. We were Jammin' to the break of dawn with veteran DJ Lloyd Coxson.



Dennis Bovell was entertaining



The Marley night was banging

Ron's Rebel Tours continued with a visit to my former Cayman Islands work colleague, Joanna, in Bath, 120 miles west of London. Bath's architecture is gorgeous and it is so clean and litter free - unlike the Smoke. Lunched at The Raven, a classic old fashioned pub. One young waiter was a huge Marley fan. We instantly connected. Then we picked Jojo's adorable daughter Ella up from school before dropping in for tea and chat with hubby Matt. He's got an awesome record collection, including an original copy of John Holt's 'Thousand Volts of Holt'. On eBay it could probably pay a month's mortgage. What a cool geezer! Love all round, except from their fearsome pup Dixie who barked and growled after 'greeting' me with a strong smell, known as a pheromone. When a dog secretes its pheromone that usually means it wants to mate. Def not this time.



Joanna was my bestie in Cayman



The Raven grub was okay but service slow



Many unique shops in Bath



This pub is extremely popular



Queen Jojo in Royal Crescent



We took pics of my brother-in-law Bill's old boarding school, Priory Park College



Bath Abbey is impressive



Shrinking is hilarious throughout

Apple TV has some fun stuff besides 'Ted Lasso'. Binged watched comedy-drama 'Shrinking'. All 22 episodes in two days. Three therapists, including Harrison Ford, share a practice. Some contrived plots but the script is so sharp and clever, I was envious of the writer. It's absolutely well worth a watch. Genuine LOL material.

If you want a newsletter like this for your personal or business purposes, contact me.

First one is free!



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