

# Retiring Ron

Back in **Grand Cayman** to relive golden memories

Sunny edition: Dec 24

Hi all, welcome to the latest Retiring Ron. It's been six years since I last visited Grand Cayman where I lived for eight years, so it was nice to meet old colleagues and friends. I came specifically to watch the Cayman Islands Marathon. Congrats organisers Rhonda, Laurie-Ann and Bev on producing another fantastic event. It was also a chance to catch up with people who have become family. So much love. Bless you all.



It was worth getting up at stupid'o'clock to watch the marathon start



Runners had the red carpet treatment on Walkers Road



The water stop volunteers at Prospect were amazing



Women are such brilliant multi-taskers



The Indians always have the best water station



Marathon organiser Bev had no sleep for two days but was still in great spirits!

The marathon winner will probably celebrate with another tattoo





Norma did the half marathon for the fifth time



No wonder she looked so pleased with herself



Rhonda and Bev, Cayman Islands Marathon queens

Watching live Premiership football at Fidel's is still a fun way to have breakfast



Fidel's nosh has gone posh!



Al fresco dining at Christmas is impossible in the UK

Blue iguanas are not for  
petting



Mrs Shill enjoyed the new Rum Point

Happy memories of East End



Camana Bay is always scenic, especially at Christmas



So nice to bump into Ben and Jen and their babies



Gangs of ferral chickens still roam Cayman, menacing the public



Gina's smile lights up a room



Rogues' gallery



Thanks for my homemade  
cheeseboard Gill X



Thank you all who came to my reunion on such short notice



I always knew I was going to Hell



We were separated at birth



Hands up Tiger, and come peacefully



Jason Kennedy is a creative genius



St Ignatius is always a spiritual experience



Norma and Iris held me hostage to buy them lunch



The National Gallery is a brilliant attraction



Vlad and Dagma looked after me when I was sick in Cayman years ago



The kids put on a fantastic show



Easily the prettiest Xmas lights in Cayman

It was also the Cayman launch of my newsletter service. So far I've created a 4-page newsletter for a top London electrician (Steve Bastien), a Kenyan charity for teenage mums (Birth and Beyond), Indee's Beach Bar and Restaurant (Dominican diner) and a mock one for the Fort Young hotel in Roseau.

First newsletter – personal or business - to anyone interested is free. I'm using Dominican graphic designers. Absolutely brilliant creative talent.

**Contact: Ron Shillingford +44 7931 686672**  
**[positiveshill@gmail.com](mailto:positiveshill@gmail.com)**

**Designed by SeizerStyle Designs. 1 767 615-8442**  
**[designs@seizerstyle.com](mailto:designs@seizerstyle.com)**