

Retiring Ron

Growing old disgracefully

Edition: May 25

We all want to live a long and healthy life and thankfully, my mum, St Theresa has been blessed by reaching her 90th! Although she has dementia and is in the main non-verbal now, she's still able to belt out some 60s classics by Elvis, Beatles, Everly Brothers and Aretha. Can also say her prayers too. We took time out to party with Nanny T in Salisbury, Dominica. Great occasion. Her four surviving brothers, Andrew, Delvin, Tony and Mark (Ato) all celebrated together at her home. Heart-warming occasion. We took Mum to Mero Beach the following day, May 6, her actual birthday.

Family and friends came out for mum's 90th party



St Theresa tried to eat the whole cake!



With the girls



Uncle Del is still partying at 85!



Uncle Ato has done a fantastic job looking after mum



Her card is covered in memories



Lovely Ladies



Mum's freshly painted 5-bed, 3-storey house



We took mum to Mero Beach



Mum and brother Jerry share a joke



Mum and Ella, age 6



Mum enjoyed coming to Notting Hill Carnival



Mum with her family in London, c2016

Two weeks earlier Jasmin ran the London Marathon in her honour, raising over £1,800 for the Alzheimer's Society. Well done Jas. We had a celebration dinner after at Dirty Bones, Soho. Thanks Charlotte and family for coming from Liverpool to support her. Will and Joella came straight from their holiday to roar her on with their witty handmade sign. Other brilliant friends came, a couple with their baby. So many cheerleaders and donators! Really appreciated.



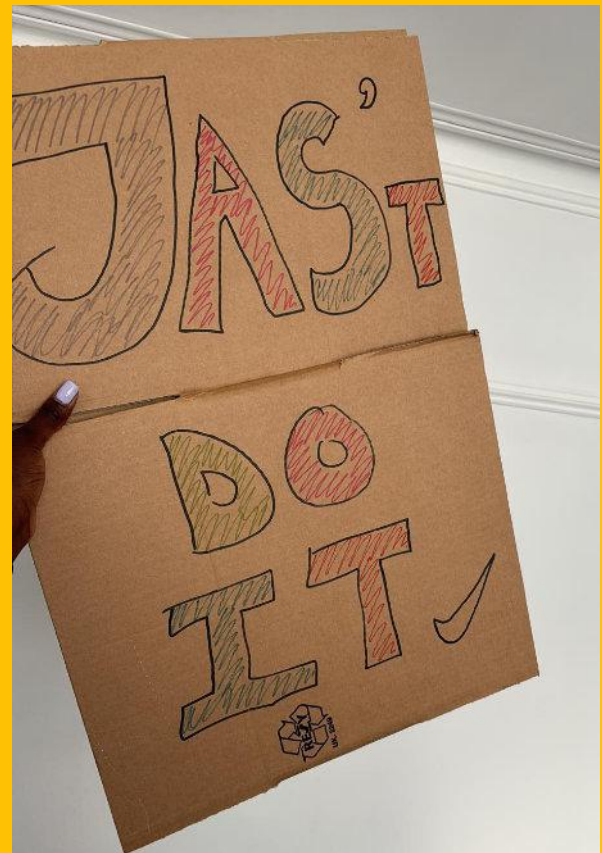
Jasmin with fiancé Jacob (Scouser)



Charlotte, Michael and little Camden came down from Liverpool



She had supporters all along the course



Joella and Will's witty sign



Nanny T for her grandmother Theresa



Jasmin spotted me around mile 8



Jasmin finishes at Buckingham Palace

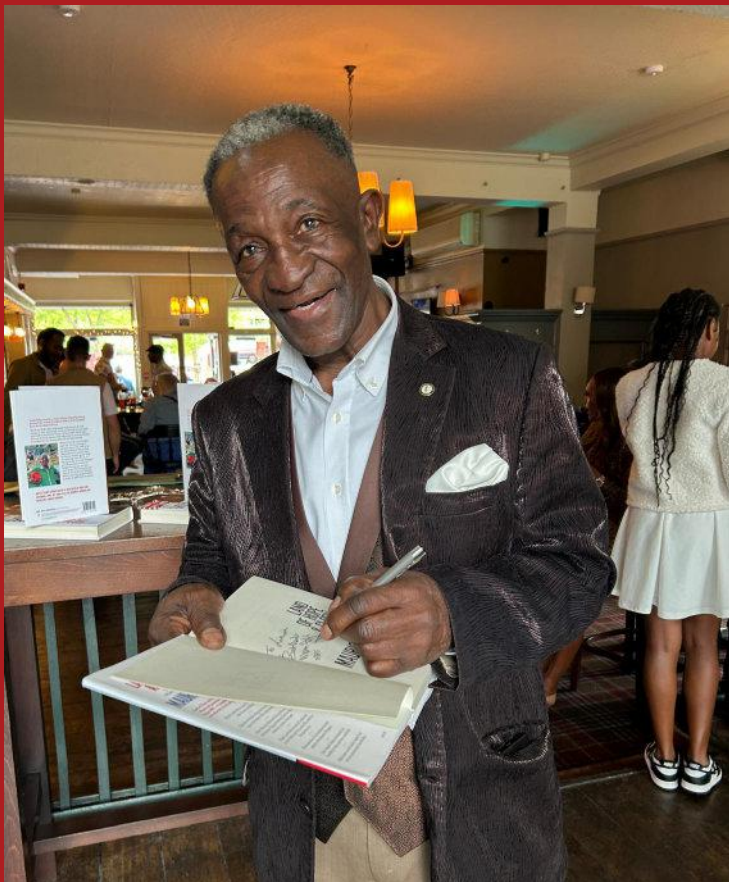


Celebration dinner, Jas is holding her medal



She raised over £1,800 for the Alzheimer's Society

On the same day as the marathon, we had another book signing for Maurice Hope's 'Land of Hope and Glory' biography, at The Globe pub in Hackney. Great turnout, especially by his family. Lots of signed copies sold and, just as importantly, awareness raised. Next signing is at Dalston Junction Station on June 19 as part of TfL's Windrush celebrations. Thanks Beverly for sorting it.



Champ nearly got cramp in his hand!



Maurice's family always turn up in numbers



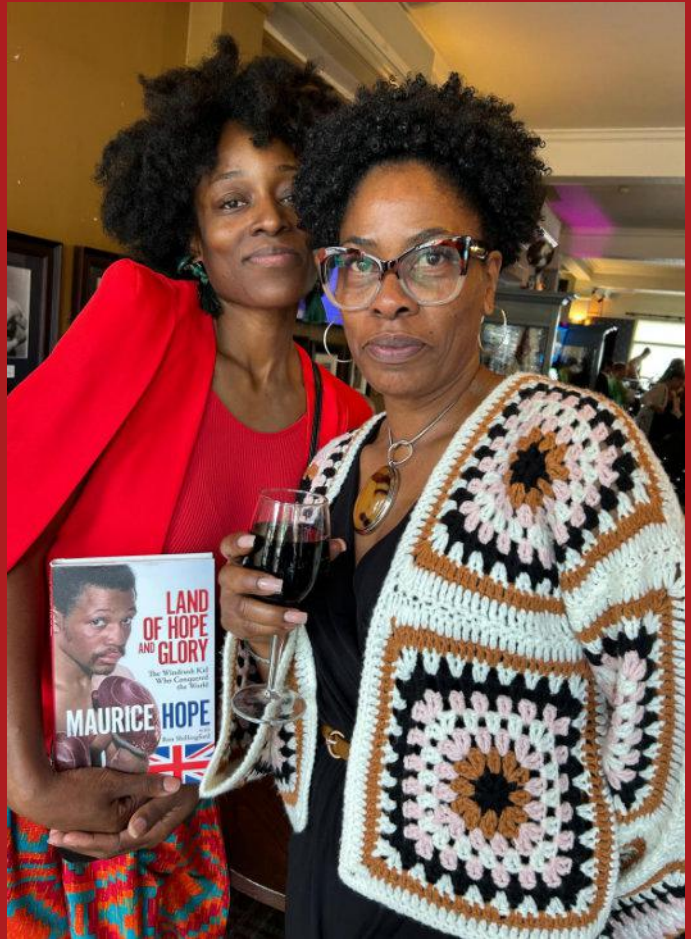
Signing for a fan



Maria and Natalene sorted out the books



Maurice's belts are great props



Family support is guaranteed, in fact Beverly, right, has organised the next signing, June 19



Daughter Charlene came with her family



Maxi, The Globe manager, was very helpful

My cousin Marcus is a die-hard Brentford bee. He came with his lady Elena for a tour of Stamford Bridge. They were buzzing. Brentford still have an outside chance of qualifying for Europe. That'll be sweeter than honey if it comes off. They're my second team. I actually first went to Griffin Park in 1969, a year before attending a Chelsea game, and used to cover Bees games for the 'Middlesex Chronicle' in the 80s. Exotic away games included Port Vale, Rotherham and Doncaster. Yes, I've paid my dues.



Cousin Marcus came for a tour with Elena



Marcus and Elena bossing the Chelsea dugout



Gibo doesn't see these kind of trophies



THE PRIDE OF LONDON

Marcus loved conducting his own press conference

I'm amazed that Spuds under Aussie Ideales are in the Europa Cup final v Man U. Spuds haven't won a trophy in centuries so, for once, I'm rooting for them! We've won it twice and hopefully can add the UEFA Conference League to the cabinet on May 28.



Chelsea have won the Europa League twice

Eileen Perrier is a celebrated portrait photographer. I went along to her exhibition. Mightily impressed. My friend Karlene's son, Jacob, is featured outside. Another superb reason to visit. So, if you've got time and the inclination, pop down to the free exhibition in Old Street. ['A Thousand Small Stories'](#) by Eileen Perrier is at Autograph Gallery, 1 Rivington Place, London, EC2A 3BA, until 13 September.



The Eileen Perrier exhibition runs until September



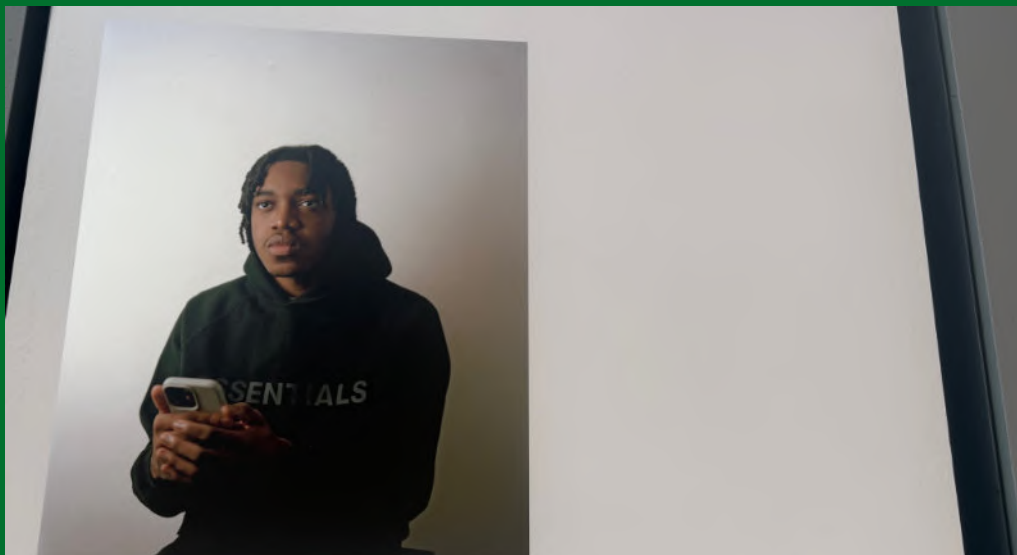
Hair is a big feature



There are some fabulous images



Red girl



I could list all the uncertainties, but in the end, I cross that bridge and keep going. So many of us are just trying to get by while chasing something better. You can't get too hung up on the

Jacob is a family friend

Whilst in Dominica we did some tourist stuff like visit the Emerald Pool, watch a 'friendly' footie game between Dominica and Barbados where they were kicking lumps out of each other and cleared supermarket shelves of mini-rum bottles. We also attended mass. Father William at St Alphonsus introduced us to the congregation and took a genuine interest. He even knows London well as he has a brother in Stratford, near West Ham's ground. Fr William, Graham/Harry Potter is praying for divine intervention to resurrect his career.



Dominica drew 0-0 with Barbados in a friendly, note the female ref



Father William introduced us to the congregation



The Emerald Pool is one of Dominica's best natural attractions



Relaxing at the Emerald Pool



We popped in to see cousin Dense



Fort Young almost ran out of rum!



Nice to link up with RR designer Nathan in Roseau

On the way back to Blighty we stopped off in Barbados. It was Mother's Day May 11 so Mrs Shill was spoilt rotten a second time this year with a slap up lunch at Tapas, a lovely restaurant beside the beach.



Mother's Day in Barbados, May 11



Strolling beach side after lunch at Tapas, Bridgetown

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First one is free.