



Santa probably won't leave when he gets here

Retiring Ron

Santa Shill always has the final sleigh

December 25



It's that time of the year when we all say: where did the time go? Well, thankfully, the Retiring Ron series helps keep track in my dotage.



Lots of highs, a few lows, but overall a happy 12 months. Mum, St Theresa, celebrated her 90th on May 6th.

We all went out to Salisbury, Dominica to treasure the occasion. Sadly, she passed on July 9th but at least enjoyed a long, happy life and was surrounded by love to the last. Rest in eternal peace lovely lady.



Nanny Theresa and Jasmin had some great times together



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

Jasmin ran the London Marathon in April raising almost two grand for the Alzheimer's Society in respect to her grandmother who had dementia.



Jasmin ran the London Marathon



On a happier note, Jacob and Jasmin completed the African leg of getting hitched with a fantastic Kwanjula in Kampala in October. Stupendous event. Jacob's present of eight cows was moovelous. I'm still amazed they all crammed into two suitcases.



Jasmin and Jacob had a fantastic Kwanjula



Mrs Shill and I celebrated 30 married years in September. What a lucky man. Thanks Mrs Shill, my queen.



30 years of bliss with the double R!

Zinzin celebrated her 25th in June and also secured a fab new job recently after a whole year of intense searching, setbacks and false hopes. Big up Zinzin, always proud of you hun.



Celebrating Zinzin getting a fab new job!

The Blues securing the Club World Cup was another highlight, thanks mainly to the Ice Cold assassin. Conference League captured too. Again, respect Ice Man. He's born on May 6 too. There's plenty to be festive about at the Chels. Battered Barcelona and held the Arse with only 10 soldiers. All in one week. We're back!



Club World Cup champs!

Derek Haines visited London from Cayman again, so pub meet in Dulwich was a must. Met Supa D's son Chris there, his charming wife Helen and their infant son Bertie. All good people, although Bertie is Arsenal so urgently needs a Bridge stadium tour to change allegiance and ensure a happy and fulfilling childhood.



Nice to see Chris and Derek Haines in the rub a dub

At the November London Ex-Boxers Association meet, radio journo Denise Southworth came from Manchester. She's been a huge boxing connoisseur forever and definitely knows a left hook from a fish hook. Big City fan is Denise but apart from that she's lovely.

Too many boxing icons have passed this year. So sad. We lost wordsmith Colin Hart, heavy king George Foreman, middleweight star Mike McCallum, and the great former champ and trainer James Cook MBE. Ricky Hatton's demise was tragic too.



Denise came down from Manchester for the LEBA meeting

And now the wonderful Melanie Lloyd. We used to chat regularly. An accomplished boxing author, Mel did a superb job in editing Maurice Hope's book 'Land of Hope and Glory'. Always bubbly and upbeat despite having a brain disease which suddenly took her away in her sleep on November 5. We're all missing that melodic Welsh lilt.

Mel's anecdote still amuses me: she didn't know Cockney slang for £500. It's 'monkey'. She hadn't been living in London long. Coming back from a boxing show in Birmingham, trainer John said he was pleased that he "got a monkey out of the promoter because I was expecting just a drink or even nothing". He kept repeating "chuffed that I got a monkey". Baffled Mel:



Mel was so much fun

"I'm really pleased for you John but how are you going to feed it? And where are you going to keep it?" Everyone in the packed minibus were in hysterics all the way back to London. The driver even had to pull over to prevent crashing.

Mel always posted on social media glowing reviews of the Caribbean nosh I delivered her. She'd meet me at Surbiton station by bus but anxious to tuck in, would get a cab home. Very special lady. Already really miss her. LEBA meetings will always have a void now.



Melanie Lloyd

11 Sep 2023 · 🌐

My great pal [Ronnie Shillingford](#) made another special delivery of his wonderful mutton curry yesterday. Top class grub which I would highly recommend to anybody who enjoys a meal that has been cooked with great care an... See more



She loved bigging my dishes up on social media



Melanie Lloyd

12 Nov 2023 · 🌐

The lovely [Ronnie Shillingford](#) travelled across London today to bring me a load of his delicious food. I met him at the station and I couldn't get home fast enough so that I could wolf down a plate of his jerk chicken, rice and pe... See more



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Melanie Lloyd

17 Aug 2024 · 🌐

The one and only [Ronnie Shillingford](#) came over to bring me some of his scrumptious curry goat today. I'll fight anybody who says it's not top grub 🦊🦊💥💥 Love you Ronnie ❤️



❤️ 52 💬 7 ➦



Melanie Lloyd

27 Mar 2024 · 🌐

The lovely [Ronnie Shillingford](#) did one of his mutton curry missions of mercy yesterday. I'm now settling down for a good old munch. If you haven't had the pleasure of sampling Ronnie's top grub, you don't know what you'... See more



👍 52 💬 10 ➦



Reggae legend Jimmy Cliff was another one who transitioned recently, at 81. 'The Harder They Come' musical in east London in September was amazing.



Jimmy Cliff's hits are part of everyone's soundtrack

Jimmy became an international star after the release of the film in the 70s. Some songs are now anthems and the soundtracks of many people's lives. Everyone knows gems like 'The Harder They Come', 'Many Rivers to Cross' and 'You Can Get It If You Really Want'. Saw Jimmy perform in Ladbroke Grove nine years ago. No warm up act. Unnecessary. Started dead on time, a rarity for reggae shows. Delivery was like listening to the actual records. We sang in unison all the way down Portobello Road. Magical experience.



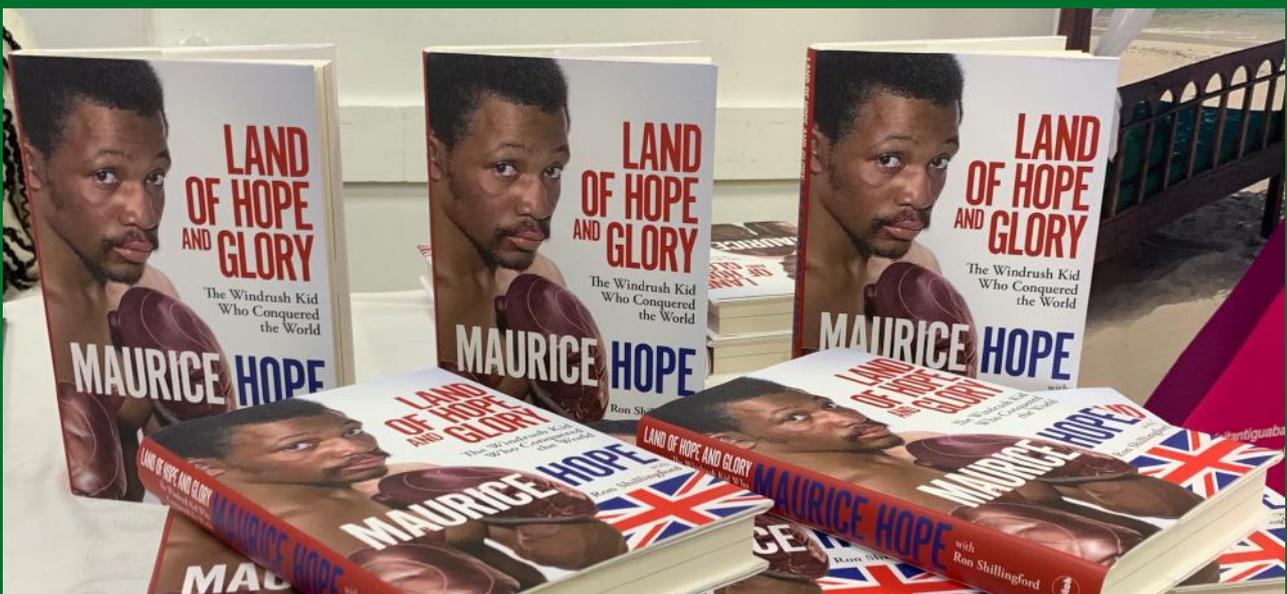
The Southern Area Boxing Awards lunch in Tower Hill was attended by former world champs Maurice Hope MBE, John Conteh, George Groves and Prince Naseem Hamed.



Maurice was mobbed by fans

Maurice has just turned 74. Congrats champ. Wishing our book gets the boost it deserves next year. An ideal Crimbo stocking filler. Knockout read, in fact.

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



Land of Hope and Glory is the No.1 Crimbo hit

Moses Itauma, the 20-year-old unbeaten heavy, was at the awards. Definitely a future champ. Used to arrive in school uniform, aged 15, spar with the likes of Anthony Joshua and Daniel Dubois and hold his own. This kid really is special.



We paid tribute to the legendary James Cook



The Hogarth champs provided firm but fair security



Moses Itauma used to spar with champs as a schoolboy



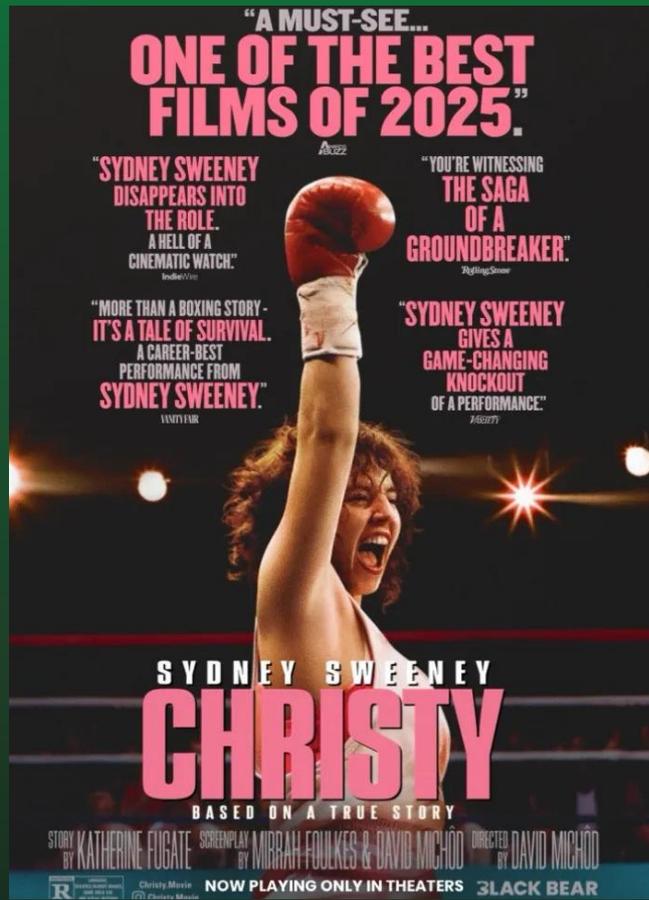
Podgy Prince Naz and Herol Graham came to the lunch



Still on a boxing tip, there's a new biopic at the cinema, 'Christy'. It charts the epic journey of Christy Martin, the first female superstar fighter. Sydney Sweeney brilliantly embodies the role of the 'Coalminer's Daughter'. Must see, even if you don't follow the sport. There's a great human interest thread throughout. Knockout film.



Krismus a come



Christy is an amazing biopic

We've started the Tropical Creole Media YouTube channel, so check it out

<https://www.youtube.com/@TropicalCreoleMedia>



Merry Christmas all. Hope it's as lit as your tree.

If you want a newsletter get in touch.



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