

Retiring Ron

Growing old disgracefully

September 25

It's been a summer of mixed emotions. Lots of travel, events, occasions, highs and lows.



The Pride parade is fantastic

London's Pride Parade came early on. Amazing costumes, characters and vibes. Nearest alternative to Carnival. Great fun. West Ham, Chelsea and Arsenal had floats there. West Ham were probably trawling for a new manager and the Arse for their next trophy. Any trophy. We, of course, had a great summer, winning the Conference League and Club World Cup.



It's just like Carnival



They marched them to the top of the hill...





This is the only option Arsenal had to celebrating a trophy (but congrats Arsenal women for being queens of Europe)



Footballer Jill Scott was at Pride

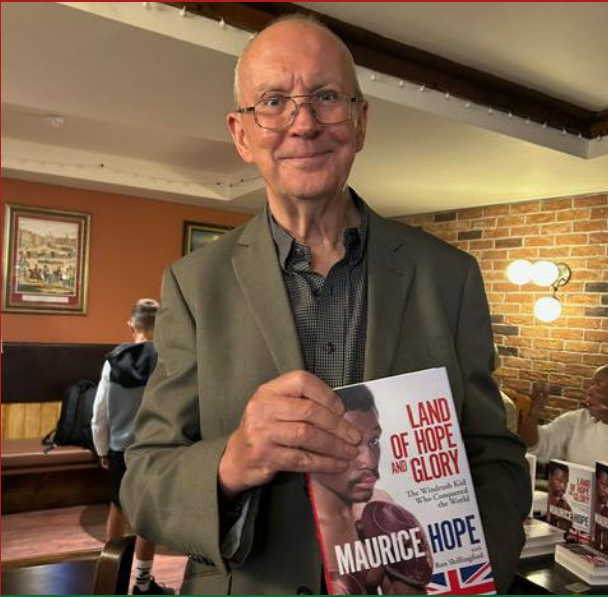
We had another signing of our book 'Land of Hope and Glory' at the monthly London Ex-Boxers Association meet. Thank you all who attended and supported.

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

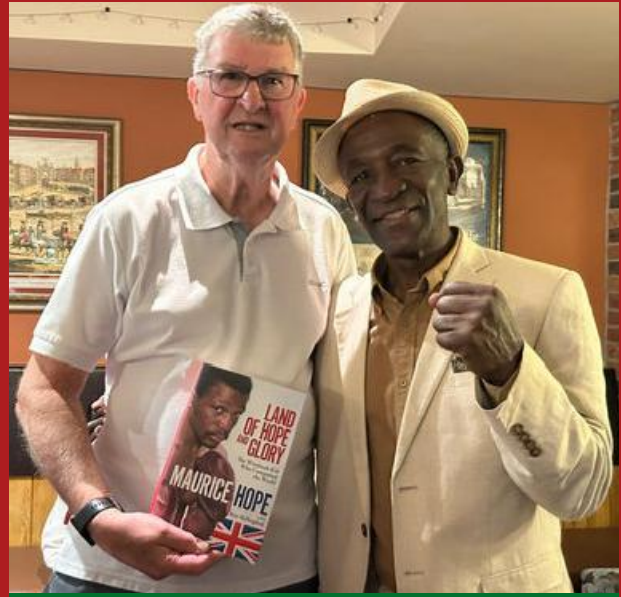


Maurice and his family at our latest book signing

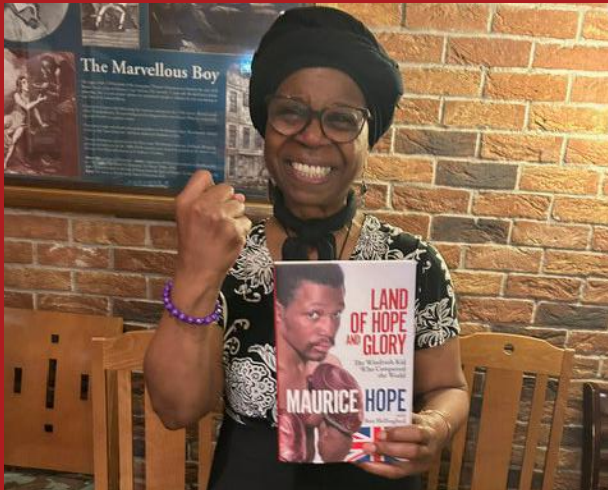
Shout out to George Zeleny for making the effort, Paul Barnett who came with his mate for a second time, Wendy who travelled with fam from a couple of hours away and Chris Sanigar for making the trip from Bristol!



Thanks Dave Smith`



George and Maurice



Agnes is very supportive



Colin, Dylan and Wendy are great



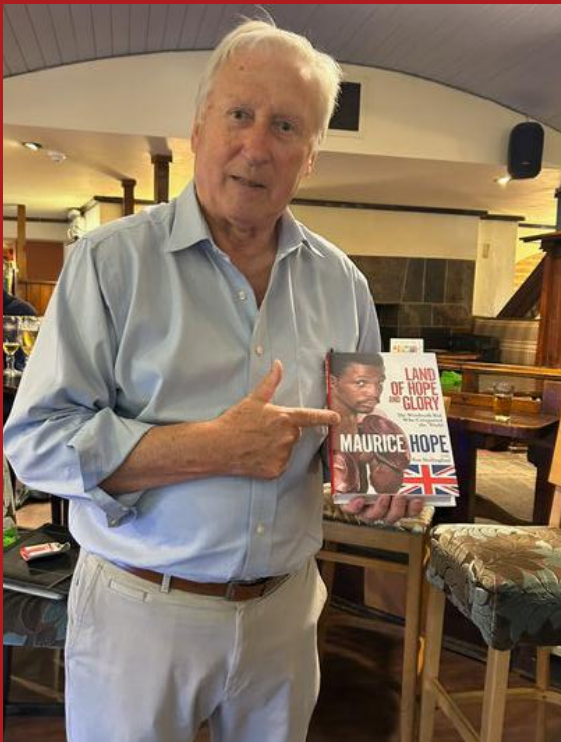
With the lovely Melanie



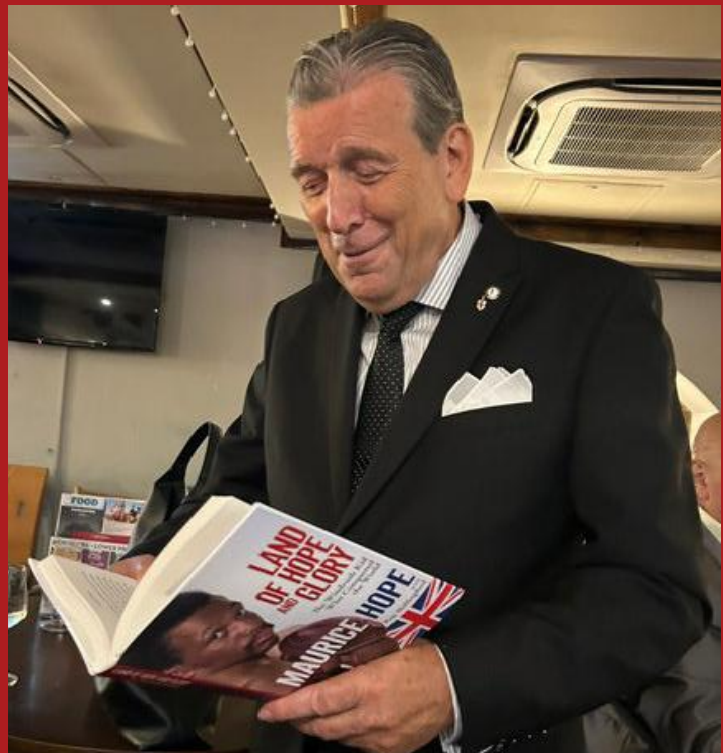
Sharron came along



Check out Sharron's glasses shop in Brixton Market



Uncle Bob endorses the book



Stevie Powell loves reading his contribution



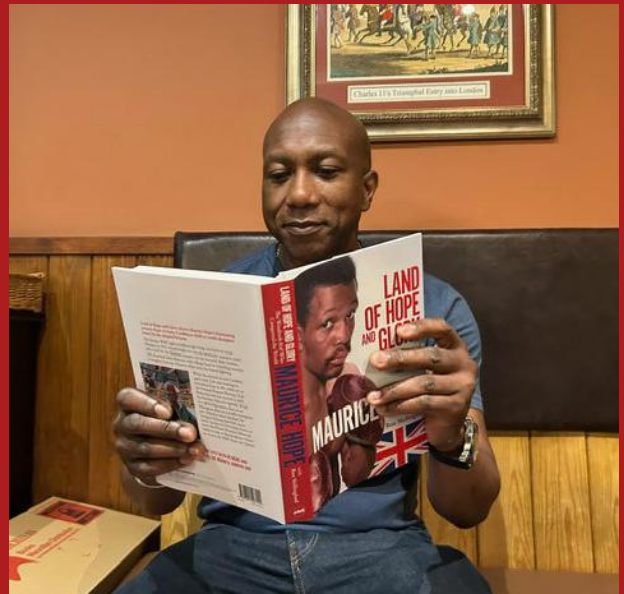
Chris Sanigar came from Bristol



Paul Barnett was buzzing



Michael and Claire enjoyed meeting the champ



Cousin Denny couldn't wait to start reading his!



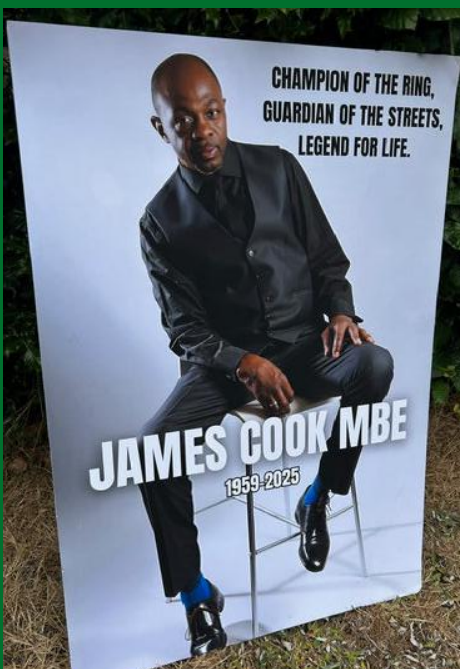
Nam and Denny loved meeting John Conteh

James Cook MBE was one of the nicest fellas in the boxing community. Sadly, he passed from cancer, aged 66.



James Cook MBE was a lovely man

We gave him a great send off. The church was heaving, too small to accommodate everyone. At the burial hundreds turned out. A grave digger commented that he'd never seen so many there. Thousands paid their respects throughout the day to honour JC, Guardian of the Streets. Loved by all. RIP champ.



We turned out in force to honour James



Reunion with Theresa and Tanya

The Jamaica Patty Company is the best Caribbean restaurant chain in central London. Four outlets now.

<https://jamaicapatty.co.uk/>

I met my long-time friend Tanya at the Covent Garden branch. Theresa was the perfect host as Tanya and I reminisced from our Cayman Islands days 15 years earlier.



Working with Tanya in the Cayman Islands 15 years ago



And at JPC recently

And on the topic of Caribbean scrumptiousness... the Trinidad Roti Shop in Harlesden is the lick! Roti, doubles and all Trini niceness. Thank you Dulcie. We love you but we love your roti more!

https://www.facebook.com/trinidadrotishopCravenParkRoad/mentions/?_rdr



Best roti in London, it's in Harlesden

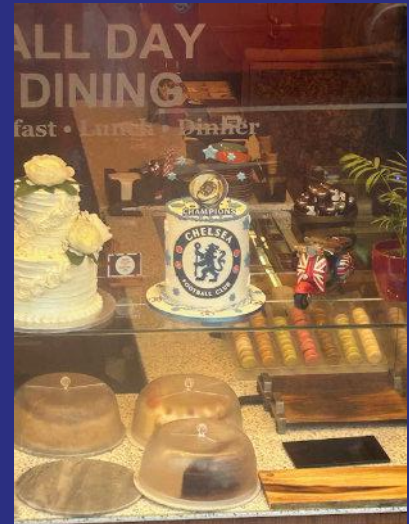


Dulcie is such a sweetie

Working at the Chels is always a pleasure. Seeing the Club World Cup every shift raises spirits.



We are the (world) champions, my friend



Even a patisserie in Notting Hill sells Chelsea Club World Cup cake

Beco is my Brazilian friend. We became pals when I lived in the Cayman Islands. He supports Corinthians but loves Chelsea too. He came for a Stamford Bridge tour with wife Ale and stepson Gabi. They all loved it. Beco still plays veterans footie in Cayman. Chelsea could do with some experience at the back so I might have a word with Maresca. Keep your boots close bro.



Beco and family came for a Chelsea tour



We were so glad that Nanny T made it to 90

We celebrated my mother Theresa's 90th in May in Dominica. Great party and milestone. Sadly, she passed from heart failure on July 9. Sad time. Mum had dementia for years. She was well looked after and surrounded by love in her own house. We went back to give her a great send off. Thanks Connie, Adline and Ato for your caring and support and Auntie Madonna for your contribution.



Rest in peace St Theresa

Spent a few days in Antigua to rest. We visited Maurice's sister Novella where she makes and markets her sauces and jams, Granma Aki. Amazing stuff. Should be in every supermarket.

<https://www.instagram.com/granmaaki/?hl=en>



Granma Aki's sauces and jams are second to none



We passed through Antigua for a rest



Marcel Montana made a guest appearance



The view at our hotel in Portsmouth was brilliant



Queenie, Jerry and Uncle Noan



Cousin Levie loved her presents





Richmond Common is always in Ted Lasso

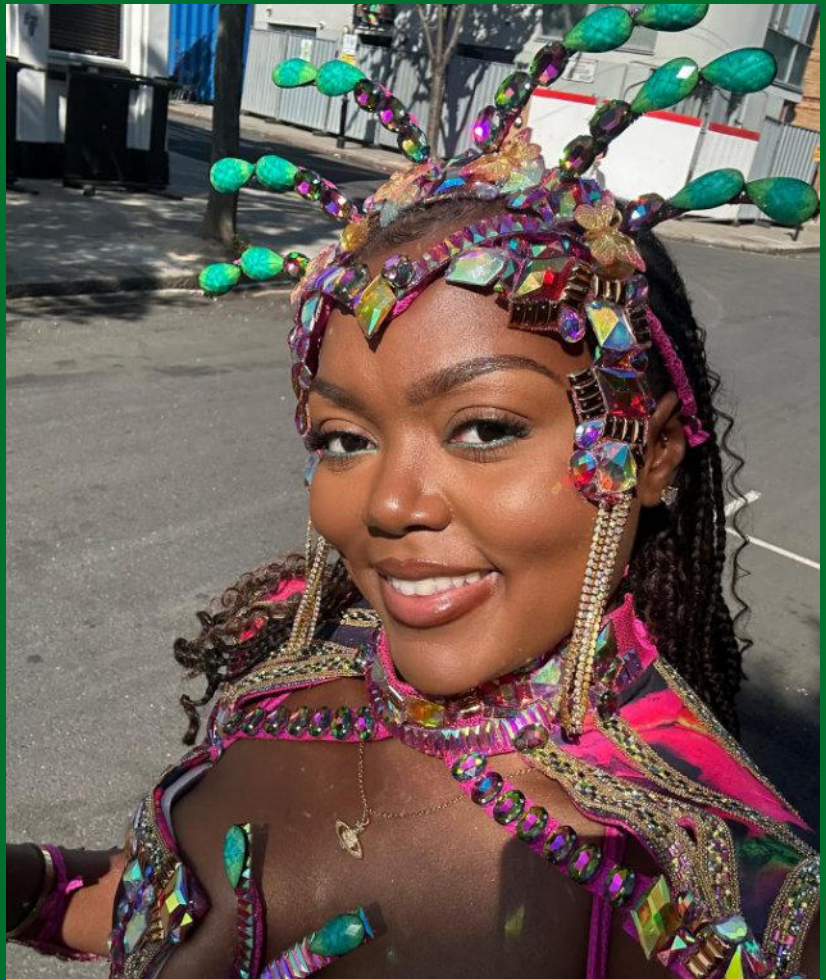
The Ted Lasso TV show is a hilarious football series on Apple TV. We've got a Ted Lasso jersey at Chelsea as a couple of episodes were filmed there. The show is based in Richmond, my old stomping ground. So it would be rude not to go on an official TL tour. Our guide Emmy was brilliant. Well worth the couple of hours on a glorious sunny afternoon.





Ted's front door but he was too shy to come out

For me, summer ends when the Notting Hill Carnival is done. Another weekend of fun, love and celebration in perfect weather. It gets more packed every time because its popularity grows exponentially annually despite the British media always dissing it. My best tip for Mondays: arrive as early as 11am and leave mid-afternoon to avoid the congestion.



Princess Zinzin loves Carnival



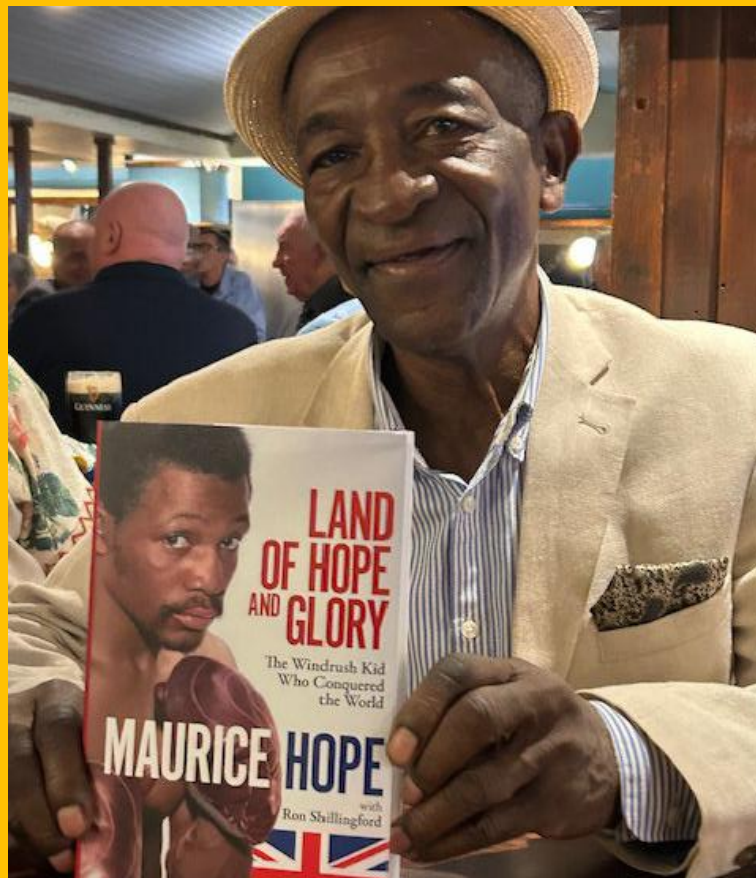
I ducked crowds by leaving early on Monday



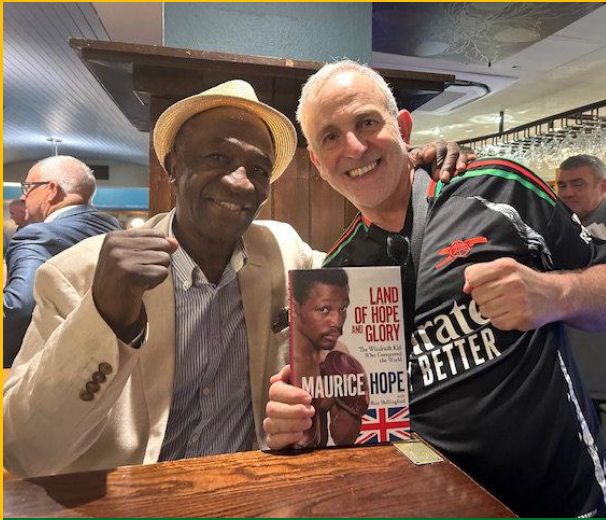




I'm back in the All Stars gym



Maurice selling his book at LEBA



DJ Costa bought our book



With my boxing mates Gary and Rocky



The Rivoli Ballroom takes you back decades

Old school reggae nights are becoming harder to find. So I ventured to the deep south for the monthly reggae night at the Rivoli Ballroom in Brockley. Built in 1913, the fittings look like they've never been updated. It is so vintage that entry fee and the bar is cash only. And it's in pounds, shillings and pence! Nevertheless, fab session although that night it became sauna-like as the AC is so weak in there.



Built in 1913, the decor looks original!



The ten-bob note is still accepted at the Rivoli

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