

# Retiring Ron

I'm not aging, just marinating

January 26

## New year, new spark. It's gonna be lit!

December was ho, ho, ho all month long. Saw King Bob's band, The Wailers, at the Indigo 02. They dropped 17 tracks from the 'Legend' album. Amazing vibes. 'Stir It Up', 'Natural Mystic', 'One Love' and 'Redemption Song' were my favs.



*The Wailers were fantastic*



*After a tough shift at the Chels, my breddren Gareth hijacked the taxi at Fulham Broadway. We sang Marley classics as I drove him home.*

Gareth grew up in Brixton and chats Jamaican patois like a Trench Town resident. A music maestro, not surprisingly, when quizzed he sang at least one line of 14 of the 17 'Legend' tracks the Wailers had played. Honourable mentions go to other participants in the Bob Marley Challenge: Rachel (12), Putney Pete, aka 'Cool Ruler' (11), Ledgey Len (8).

Tobidinho (7) and Noah (5), topped the young guns.



*Gareth is considering going pro as a Bob Marley tribute act*



*The Chelsea crew Christmas gathering at a Putney Spoons went well. Will (front right) is a Gooner but as he's a nice lad Santa decided not to chuck him in the Thames.*



*Super proud of nephew Uche, the first St Johnstone player to compete at AFCON. Uche came off the bench for Uganda v Tanzania and made an instant impact to score from a low header to earn them a 1-1 draw.*



*Chelsea v Everton with the charismatic Fiona. Thanks hun. May our winning sequence continue even with Enzo gone!*



*Smiler on the tube bought an instant family at Winter Wonderland for Mrs whose hand is barely visible. Probably a big apology gesture. "Best £150 I've spent," he admitted.*



*Ledgey Len revised our Oyster Club. Off to Sutton for coffee and natter with Mark aka 'Elvis', once the UK's top impersonator. He's hung up his blue suede shoes now but we were all shook up in his presence.*



*Afterwards, Westminster Cathedral with Len to light candles and pay our respects to loved ones who passed in 2025. Rest in eternal peace St Theresa and Melanie Lloyd.*



*Got my Caribbean cooking vibe going again. Curry goat, rice'n'peas plus dumplings for Blues team mates Super Mario and Tobidinho, as well as LEBA's Uncle Bob and champ Wayne. All went down a storm.*



*The brilliant Melanie Lloyd sadly passed suddenly in November. She loved my Caribbean grub.*



*At the Xmas LEBA party, Caribbean niceness for David Smith, who used to drive for hours to bring disabled Melanie to meetings. And so the tradition continues.*



*Waterstones Piccadilly now stocks records!*

**Your top artists**

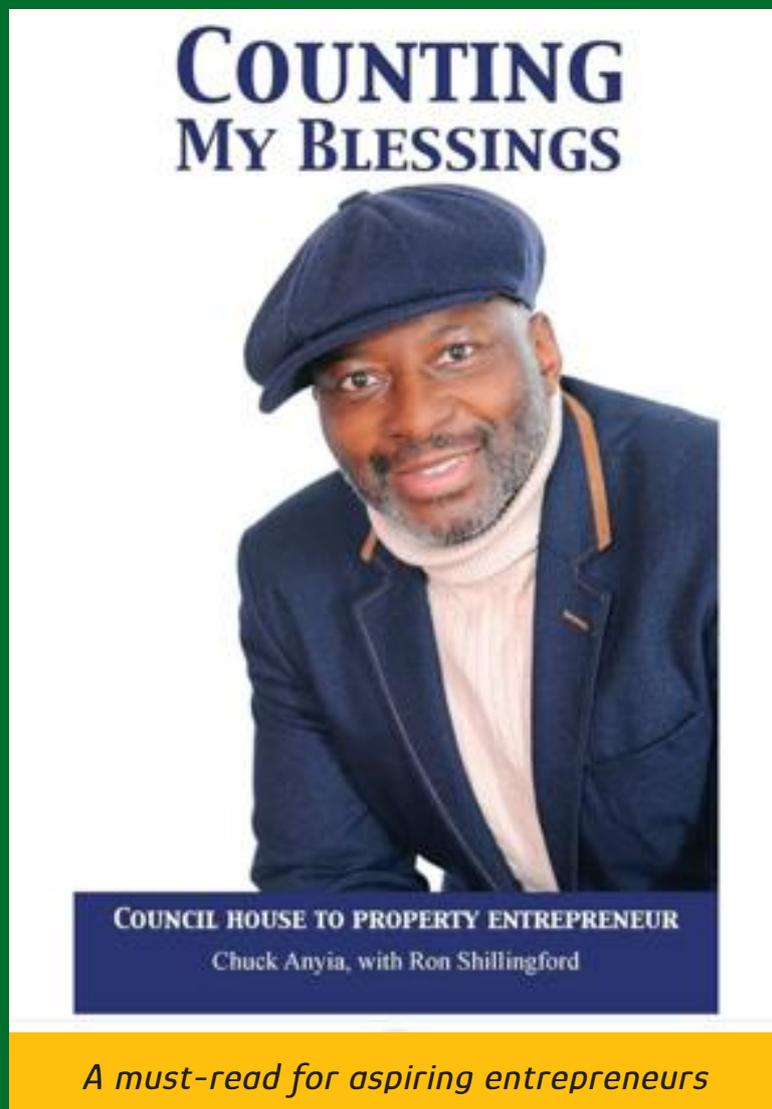
-  **Dennis Brown**
-  **Gregory Isaacs**
-  **Bob Marley & The Wailers**
-  **The Heptones**
-  **Delroy Wilson**

*No surprises on my Spotify list for the year*



*New year's day celebration hosted superbly by Jacob and Jasmin. Jerk chicken, salmon with millions of sides, plus array of desserts. And then they did all the washing up! Thanks, we will visit more often.*

My latest book is 'Counting My Blessings' which took seven years to reach the shelves. It's the autobiography of bestie Chuck Anyia, a property king. We bonded at the All Stars Boxing Gym back in the day.



Available on Amazon:

<https://www.amazon.co.uk/Counting-My-Blessings-property-entrepreneur/dp/1836150822>

When Chuck left school in London with no qualifications, for a black kid from a tough estate, his prospects were bleak. Surrounded by criminal types, he was tempted to stray. Thankfully, he resisted. Blessed with a deep Christian faith and burning desire to succeed the right way, Chuck overcame all obstacles to build up a property empire. 'Counting My Blessings' is intended to inspire others in a similar situation.

And not forgetting Maurice Hope MBE's 'Land of Hope and Glory'

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



*Land of Hope and Glory is still selling massively*

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