

# Retiring Ron

Growing old disgracefully

June 26

**Eventful May was capped off by Jacob and Jasmin, aka J-squared, getting hitched. Again!**

Last October it was the traditional African version, 'Kwanjula' in Kampala, Uganda. This official UK one, in Staines then at Great Fosters, Egham went smoothly in blazing sunshine. Jasmin loves hosting big events. She will surely find a way to have a third, fourth and fifth wedding.



*Jasmin and Jacob tied the knot in fine style on May 29!*



*Little Henry and Amber looked amazing*



*Gorgeous Zinzin and Carlos*



*Jacob's fam are all lovely*



*Loving sisters*





*Emotional godparents*



*His family came from Hastings, Barnsley and Sheffield*



*Shill fam bonding again*



*Margaret is a boss MC*



*From child prodigy...*



*...to Dominican beauty*



*Celebrating with Anne and my queen*



*Proud parents*

**If you want to see more wedding photos text me:  
WEDDING**



*Derek Haines, superhero. At 77 he's just raised £1m+ for Meals On Wheels Cayman Islands. Used to run marathons to raise millions for charity, hence his MBE*



*Unexpected visit from brother-in-law Bill, his daughter Henrietta and her cherubs*



*Patricia Njeri created a charity for teenage mothers, Birth and Beyond, in Nairobi, Kenya*

**BIRTH & BEYOND CHARITY RUN**  
*Miles for Skills*  
 Run for a cause. Walk with purpose.  
**JUNE 06TH SATURDAY**  
 LOCATION: ONGATA RONGAI  
 RUN CATEGORIES: 10KM & 5KM

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 ACCOUNT 112628

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PET LOVERS WELCOME  
 Bring your running buddy 🐾  
 0735 875 215 / 0712264432  
 www.birthandbeyondkenya.org



*Please support Birth and Beyond's annual charity run if you can. I'm its London correspondent. You can also do it remotely*



<https://www.facebook.com/BirthandBeyondKenya/>



*Chuck was promoting our book 'Counting My Blessings' on Luton Urban Radio*



*The chat was about his extraordinary rise to property king. He also chose a version of 'Desert Island Discs' picking his six fave songs*



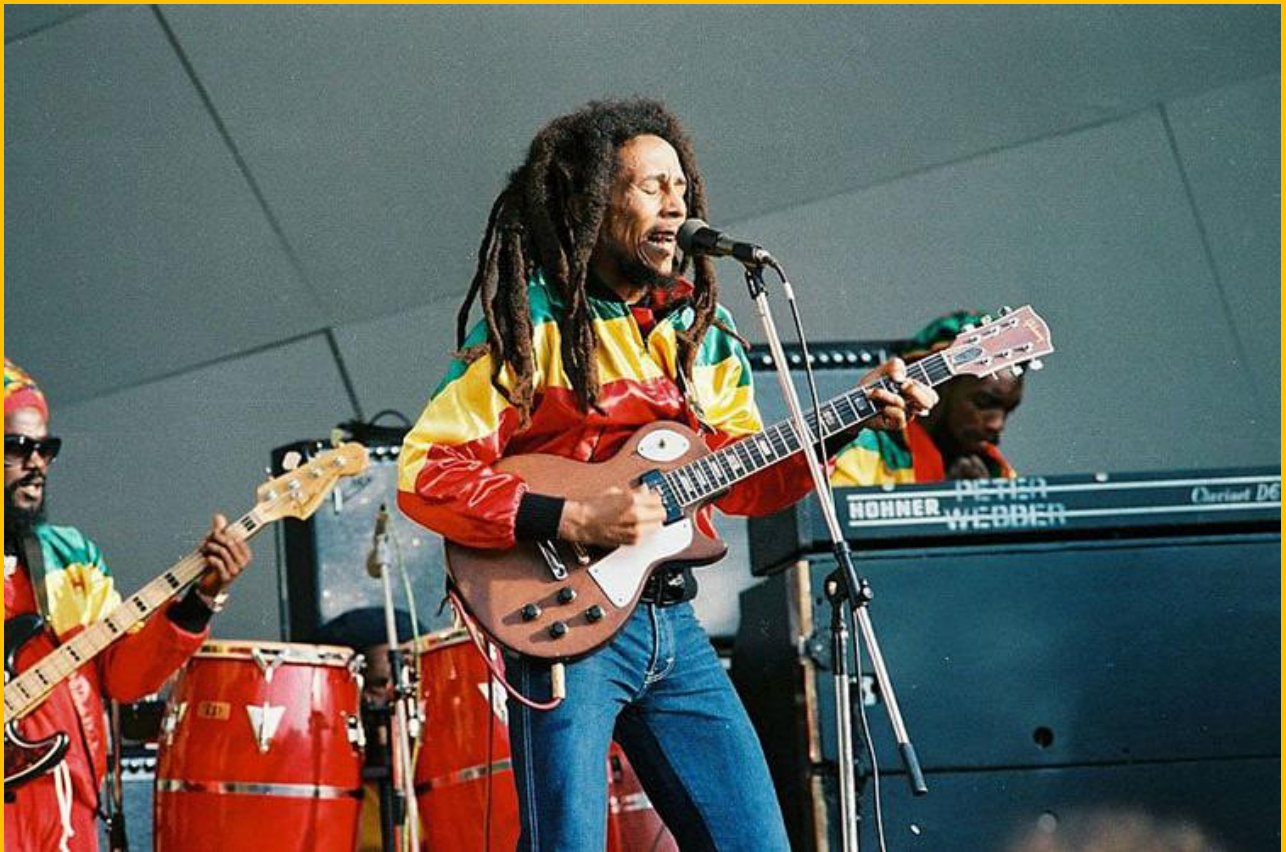
*From his studio in Mill Hill, Costas records four shows a week*



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



*Chuck's interview is aired on Luton Urban Radio on Tues 9 June*



*Bob Marley passed on 11 May 1981 so exactly 45 years later I played the king's music all day*

REMEMBERING  
**JOHN HOLT**

Michael Mendez and L.C.C. Yells of LCR  
celebrate the music of Reggae Legend John Holt.



THURSDAY 10 JULY 2026  
**LONDON, THE 100 CLUB**

100, Oxford Street, London W1  
Doors 7:30 pm

Excludes A&P Passes, SE1 Tickets and LCR Members

*Tribute night for the late great John Holt Friday 10 July at 100 Club if you're interested*

**STRATFORD EAST**



*It's back at the Stratford East, until 4 July. Don't miss*

Celebrating the Life of  
**Hermione Lucy Ann Shaw**  
20<sup>th</sup> September 1935 – 7<sup>th</sup> April 2026



Poole Crematorium  
Thursday 7<sup>th</sup> May 2026  
11.00 am  
Celebrant - Lyn Fegan

*As a teen my best mate was Fraser Shaw. His mum Hermione treated me like family. Train chaos to Swanage meant five hours commute there and six home but she was worth it.*



*Fraser has been my mukka forever. Sisters Emma and Kate are still lovely*



*Fraser's son Olly came with his dad to the Cayman Islands in 2012 when I worked there. I took them around for six days*



*Family and friends from all over came to celebrate Auntie Hermione's life*



*The scenic 50 bus route from Bournemouth includes a ferry crossing from one stop to the next!*



*Hotter than Kingston. Not Surrey. Jamaica!*



*The Stein brothers are local lads who became top pros. Little Mark was a Chelsea striker in the 90s, scoring 21 times in 50 games.*



*Flashback to my Hogarth days with coach Harry*



*We're still mukkas half a century later*



*The Forest game was another disaster but we still enjoyed posh hospitality*



*Proper nosh at 55 Restaurant*



*Not a steaming hot dog in sight*



*The apple crumble was my day's highlight*



*Unlimited custard too!*



*Ashley is thrilled to make his full RR debut*



*Chatting to Adam, Len and Catherine lifted our spirits*



*Rob's scooter is faster than some of our defenders*



*Jacob took over but being a Scouser he was not impressed with J's jersey*



*At the Bridge to see Tottenham lose again. The Fiona-Ronaldo lucky combo continues*



*Jerry's birthday pressie, a hospitality experience for the Spurs game*





*Celebrating Scouser's 28th*



*Max Wallace deejayed with his CDs at his birthday party. A boxing coach, the party was also a fundraiser for his boxing gym and health food shop in Hammersmith*



*Cousin Donna is a brilliant photographer for all occasions*



<https://www.d-bphotography.co.uk/thank-you-for-booking>





Heavenly 91st Bday for Beloved Nanny T ,  
thankful we celebrated her milestone  
90th with her in Dominica 🇩🇲 🙏

*St Theresa's 91st was on May 6. RIP Mum*



*So popular with commuters at  
Hammersmith station she should have  
had a fan club*



*Cooked for my student nurse friend Rose who also juggles high level PR events and is also promoting my book 'Counting My Blessings'*





*I wanted to resist watching. But if you can't beat it...It's a thriller of a biopic but lots of missing narrative. Yet it is still bad and I couldn't stop till I got enough*



*For a sequel this is excellent. All original cast and nuff jokes, one of them - 'look what TJ Maxx has dragged in'*



*Sisters in Reggae put on an irie set every month in Brixton*



*'Dynamite' Daniel Dubois, inspired by meeting Maurice, overcame Wardley in a slugfest*

**amazon**

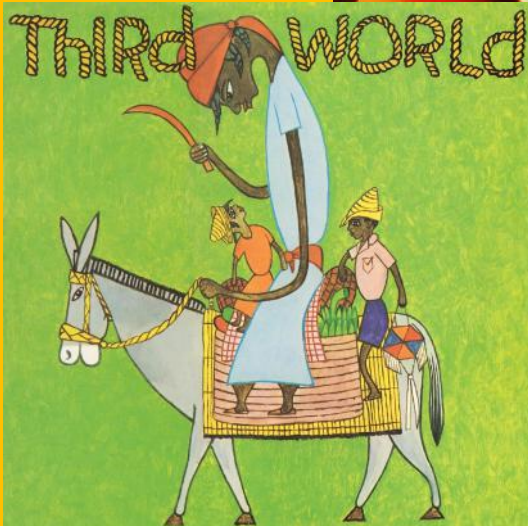
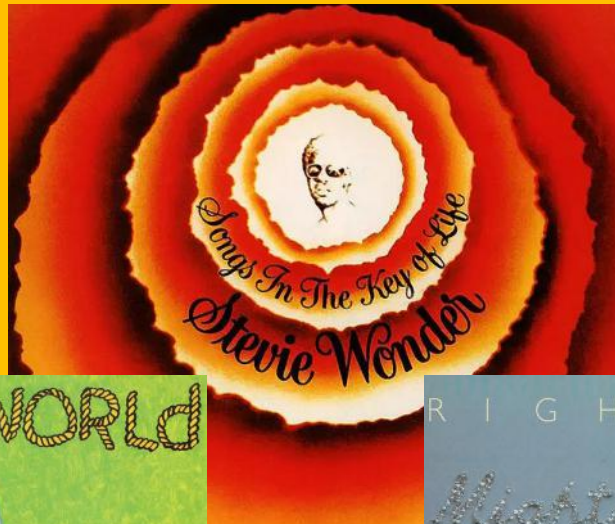
<https://www.amazon.co.uk/Land-Hope-Glory-Windrush-Conquered/dp/1801507112/>

**BOB MARLEY & THE WAILERS**



**RASTAMAN VIBRATION**

*Summer of 1976 was a scorcher and also a golden period for amazing albums, including this one. Also saw Bob and Dennis Brown at the Rainbow, Finsbury Park*





*My first time at the Tottenham Hotspur Stadium. Yes, it is impressive...*



*With my old china Steve Bray, for Spuds v his beloved Leeds. It was 1-1. We were pals as kids in Isleworth. Steve idolised Peter Lorimer. My faves were all the 1970 FA Cup winners*



*Bumped into Spuds superfan Loz, a buddy on the boxing scene since the 80s. What were the chances amongst 61,000! Great to see you mukka*





*We lost a Wembley final. Again. But gained the world's best young manager! Gracias Xabi*



*Bring Your Boots was fun with Tobidinho even if we got photobombed by a mini Palmer*



*Four pens scored in four attempts. Chelsea, I'm ready*



*Joe will soon replace Delap*

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Created by : Ron Shillingford +44 7931 686672 [ron@tropicalcreolemedia.com](mailto:ron@tropicalcreolemedia.com)

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