

Member Spotlight Jim Barnes



JIM BARNES IS "90 YEARS YOUNG!"

What does that mean at the
Sisters Athletic Club?

It means, that once you turn 90 years old, you become a member of the "90 Years Young Club" and your membership is comped. What an accomplishment Jim!

Jim grew up in the beautiful North Coast of California. His dad had a small dairy farm where Jim lent a hand. No pun intended, haha.

Jim graduated from Arcata High School and did 2 years at Humboldt State University. He then transferred to the University of California, Berkeley. Jim earned a bachelors, masters, and ultimately, Doctor of Optometry.

"My wife, Debbie and I joined SAC in 2005, one year before we moved to Sisters. SAC has been a great source for meeting new friends. The staff is very welcoming and the classes and equipment are top notch. It feels like there is something for everyone."

"I was an avid runner. Humboldt County's Clam Beach Run was a favorite of mine. I ran that race for 34 years. It is a 9 mile race through the Mad River, the redwoods, and on the beach. Twice, I also ran the Avenue of the Giants, ½ marathon."

"Reading and woodworking are passions of mine. On Trinity Lake, I built a houseboat with a large cabin and front deck. It was 44 feet long and 24 feet wide."

"I've always joked that Debbie married me because of this houseboat! Many, many, happy times were enjoyed there with our 5 sons, family and friends."

Jim, you are a true inspiration to all of us at SAC. It's wonderful to see how dedicated you still are after all these years!

Exciting!

New Software at SAC

SAC has invested in a new, more robust software platform, which will be implemented in phases during December and January. Through the new app, members will be able to sign up for classes, update their account information, follow exercise and nutrition programs, and receive alerts and notifications. Additional details will be shared as we approach the launch date.

SAC Challenges

"Everyone's Ironman" Challenge is happening from 10/1-10/21. Last day to sign up is Monday, 10/5.



"Staff Photo Challenge" was so fun! Thank you to all participants. Our winner was Piper with 23/24! Our 5 raffle winners were: Diane Bolton, Nancy Connolly, Ginger Kretschmer, Nancy Walter and Peggy Lukens!

**HAPPY
BIRTHDAY**



STAFF:

Sandy R: October 5th
 Matt H: October 5th
 Jan T: October 13th
 Jill W: October 17th
 Capri B: October 18th
 Andrew L: October 21st
 Shandra M: October 29th

MEMBERS: 124

*Make sure you have an updated address with SAC so you can receive your birthday card.

**Staff Corner:
Meet Katrina**



Katrina has been working at SAC for the past three years as one of our very important cleaners.

"I call my job '*cleaning the temple*.'"

Of course, SAC isn't a church, but it is a place where people come not only to workout, but also to connect with members of their community—a place of communion."

"I believe that having a healthy body allows us to be happier and helps us feel more in touch with our souls."

"Before coming to SAC, I worked for ten years at a local hospice as a massage therapist. It was deeply rewarding work, and I loved my team and the patients. But I am grateful to be here now, surrounded by people who are healthy and active."

"When I'm not working or swimming, I love to write. I've written stories and songs for most of my life. I'm now part of a book club with longtime friends who support each other in our writing. For me, it has become a process of gathering together many of my writings into a memoir."

"We all have different chapters in our lives. It's so interesting to revisit those chapters and then share them with others. Perhaps we are all our own books, with many chapters."

Katrina, SAC is grateful for all the hard work you put in to keep our club clean, welcoming, and a wonderful place for our members! Thank you for keeping our "temple" clean!

**TRIVIA
FUN** ??? **ABOUT
SAC**

- How many employees does Sisters Athletic Club have?
- How much weight can the elevator hold?
- How many gallons of water does our pool hold?

- 57 employees, making us the 7th largest business in Sisters.
- The elevator holds 2,500 pounds.
- The pool holds 62,000 gallons of water.

**New Rock Landscaping
is beautiful!**



**Pro Shop Clothing
is thriving.**



**Enjoying the last
blooms of summer.**

