

FR: Coach Gunn
TO: Cairn Stone family
DT: July 16, 2025

I want to thank all of our Cairn Stone family for their love, *fired up* support, and understanding during my medical emergency. A combination of pneumonia and COPD really kicked my butt! I am now home feeling great!

My entire family, including my children, brother Jack and Beth, from Washington state have visited and have been wonderful!

I will be returning to a strong therapy program and I am busy making final preparations for our *Scotland Reunion* party and our *Up North* adventure this Fall. In many ways I feel this has been a real blessing in disguise.

While I have your attention, I also want to plug *Steve's Run and Walk* that is being conducted this Friday evening, July 18 at 6:00PM in downtown Dowagiac. It is for a great cause and I plan to attend Friday evening before and after the race. It would be awesome to see everyone.

Traditionally my *Volkswagen Thing* has been present at Steve's Run races. Thanks to my son Jeff, my *Roadrunner Thing* has been totally rehabbed and will again be displayed at this year's race. (see photo)

