



Ronald James Sinclair

April 19, 1940 - July 26, 2025

Ronald James Sinclair, "Ron," of Calabash, North Carolina passed away on Saturday, July 26, 2025 at the age of 85. Ron was born April 19, 1940 in Elizabeth, New Jersey, son of James and Matilda Sinclair.

Outgoing by nature and always willing to have a conversation, Ron enjoyed a long and successful career in sales management with General Mills. His career took the family to live in great cities across the United States including Philadelphia, Minneapolis, Atlanta and Raleigh. Ron retired in 1997 after 33 years with General Mills. Ron graduated with a Bachelor of Science degree from Fairleigh Dickinson University in 1963. He also served his country in the Army National Guard for six years after graduation.

Ron leaves a loving family, including his wife of 58 years, Marion; son, Ron and his wife Debbie; two grandchildren, Ryann 24 and Will 20; and his brother Robert Sinclair and his wife Susan. Ron truly adored his grandchildren, Ryann and Will, attending their sporting events over many years as their biggest fan. Ron and Marion even moved to the Charlotte area while Ryann and Will were in high school to make sure they were present during these special times. Ron was very proud of their scholastic and athletic accomplishments through high school and college. Ron loved being near and on the ocean, and enjoyed many fishing trips and king mackerel tournaments with his son, Ron, and the grandkids as they grew up. Even on days when he could not be on board,

Ron was always back at the dock to greet them and check the fish box. Ron and Marion loved to travel, made many trips to Europe and the Caribbean during their 58 years together and truly enjoyed "seeing the world."

A Celebration of life will be held later this month at the North Carolina coast with immediate family, as Ron loved the beach and the ocean.

In lieu of flowers, memorial donations may be made to the Make-A-Wish foundation, Ron's favorite charity.

Cavin-Cook Funeral Home & Crematory, Mooresville, is serving the Sinclair family. Condolences maybe made to the family at www.cavin-cook.com.

Tribute Wall

“ Ron was a great friend for many years. Here are a few memories I shared with his friends and family at the wonderful "Celebration of Life" his family put together for him yesterday:

"It is very appropriate for us to remember Ron Sinclair on Ocean Isle, at the beach, on the Atlantic Ocean that he loved so much.

"When he moved to Calabash, Ron told me that it had long been his dream, to live full time near the beach. He and Marion had owned several vacation homes near the ocean, and we shared a condo on Bald Head Island back when we lived in the same neighborhood in Raleigh. It is very sad that his time living near the beach was cut so short.

"Our wives, Diane and Marion, were the first to meet, at the Raleigh Newcomers' Club in the early 80's, and we got to know each other very well working the Wood Valley Swim and Racquet Club where Ron, Jr. and our children, Lisa and Brian, were all on the swim team. All three of them went on to become year around AAU swimmers.

"When our children were swimming, we worked neighborhood swim meets together (Ron was always a lane timer), and we also got through some of those long AAU swim meets with occasional breaks to watch a portable B&W TV I would have in my car, while we enjoyed an adult beverage. It was my job to be sure to keep an eye on the heat sheets and not miss any of our children's events.

"We both later relished following our grandchildren at their sporting events. Ron was very proud of his son and his grandchildren.

"We have all moved around, but we have kept in touch over the years. We have visited as often as possible and continued to be great "dining out" buddies.

"When we owned the condo on Bald Head Island together, Ron was

a far more serious fisherman than me. He had a fishing cart that would be full of buckets and bait and poles and fishing gear that we would pull behind our golf cart and then down the beach to his favorite fishing spot near the Frying Pan Shoals.

"I had one fishing pole that I would plant in the sand and hope nothing hit my line, while I enjoyed a good book. While he would attract every fisherman on the beach to swap fishing tales.

"He still loved to fish and has picked up some extra "jingle in his jeans", an expression I first heard from Ron, in deep sea fishing tournaments with Ronnie, Jr.

"In our younger years, we were golfing and tennis and boating buddies. We and Larry Elliot even shared a little trophy for tournaments during our periodic visits, which we all loved to win!!

"Ron and I also had some great times attending Va Tech Hokies VS UNC Tarheel football games in Blacksburg and Chapel Hill. VT usually won, of course. We also attended some Va Tech VS UNC basketball games, which UNC always won. Ron liked to call going to Blacksburg, VA for a game, getting a dose of 'Hokieism'!

"When we played tennis, we would go at it hard, contesting shots in or out. We once had a lady we had never seen before come up to us at the dinner table at the old Bald Head Island Inn to comment that she was surprised we appeared to be such good friends after watching us argue on the tennis court!

"One of our all-time great vacations was spent with our close Raleigh friends, the Sinclairs, the Elliotts, and the Tylers. Ron made all of the arrangements (actually his AA I'm sure!!) on St. Martin, booking arguably the finest villa on the French side of the island. We were on a beautiful beach on Plum Bay, and we had a private pool, a private tennis court, and a garden where we could pick limes for our adult beverages.

"We were all content to just stay there, but Ron got us going by lining up a snorkeling trip via a catamaran to St. Bart's. And a fun time it was, despite Ron losing the keys to our rental van on the trip!!

"Recently, with their move to Calabash, we were again living close enough to get together more frequently for fun and entertaining dinners together. We will surely miss Ron and his crazy stories over dinner."

Ray and Diane Horton - August 18, 2025 at 01:54 PM

MH

“ Ron was a treasured friend of mine. We were together for dinners, poker games, parties and beach trips for many years. He was always so much fun to be around and usually the smartest guy in the room.

He was always concerned about everyone around him and wanted all to have as much fun as he did. I will miss our conversations on the phone and certainly miss his funny stories.

He was one of a kind! God be with him, Marion and all of the family. Ron, you can fold your cards now, you won!!

Mike

Mike Hall - August 15, 2025 at 11:55 AM