

# U-CLUB NEWS



Rogue River Valley University Club

August 2018



## *Summer Party August 23*

*Join us for this  
year's Party on  
Thursday,  
August 23!*

**Donate an item to  
the Scholarship  
Foundation  
auction!**

A great BBQ dinner including great RoxyAnn wines — **all for \$45 per person!** As has become traditional, an auction will benefit the RVUCC Scholarship Foundation which is doing great work supporting local students college expenses.

Gather at 5:30 at RoxyAnn Winery, 3283 Hillcrest Road for wine and great company followed by dinner. And, should either smoke or the temperature suggest, RoxyAnn has a WONDERFUL new indoor facility to which we can move.

Reservations are due by Monday, August 20. Call the Club at 541-772- 4707 or click [Summer Party](#) to reserve now!



Photos by Steve Addison from last year's Party

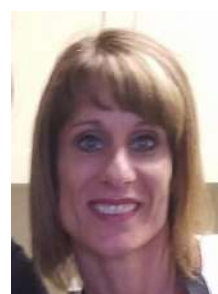
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member

# SPOTLIGHT

## Lori Furst



Lori Furst is likely the most familiar face you see at the University Club. She is there nearly every day and that has been true for 21 years and counting.

Lori grew up in Eagle Point and graduated from Eagle Point High School. She got interested in fitness and bodybuilding and was the school champion in the middle-weight bench press event. She said back then she had muscled up so she weighed 130 pounds and had only 9% body fat, an extraordinarily low number for a young woman.

“Do you have any interesting stories of youthful misbehavior,” we asked? Well, she said, she began dating Steve, now her husband of 15 years, back when she was an Eagle Point freshman and he was a Medford High senior.. Her grandfather had given her a car that she said she used to drive the back roads from Eagle Point to Medford — Kershaw Road to Corey Road to North Foothills and then to sneak down Delta Waters — to visit Steve. All this was long before she had a driver’s license. Steve is a City of Medford police officer.

Lori says she and Steve did all the right things but “we did everything backwards.” She explained, “we dated, had the son, bought the house, and then got married.”



She did fitness work with Bill Pearl and at Rogue Valley Gym but also up north at *Resort of the Mountain* near Mt. Hood. There she got to give the wives of Michael Jordan and several of his Chicago Bulls teammates some aerobics training. Jordan was working on his golf game prior to game time when the Bulls were in town to play the Blazers.

We remarked that it seemed odd that fitness was a big part of her life but she now works bringing older guys big lunches, with soup, an entree and dessert — not barbells or leading them in a workout. She laughed and said she loved her work. We asked if she ate the University Club lunches. Not very often, she said. “Sometimes I have a peanut butter and jelly sandwich. That’s it. I eat very small amounts but I do it all day. One treat, though: Every single day I eat exactly one cookie.”



University Club members may remember that Lori’s and Steve’s son, Alex, is one of the recipients of a U Club Scholarship. He’s at Pacific University in Forest Grove, studying biology and is pre-med.

Be sure to greet Lori when you see her at the Club and if you happen to notice her driving on North Foothill Road, don’t worry. She has her license now.



# Steak Night

## July 19

“What can you say about this year's Steak Night, other than the meal was absolutely exquisite! The filets were so tender, you could cut them with your fork. Now, the twice



baked potatoes were out of this world! That is a compliment from one whom is not that fond of potatoes. I'd come back for the twice baked potatoes if they were the only course.”

Gene's Abell's comment was shared by many at this year's heavily attended Steak Night.

Little did we all know that relatively new Club Member Elliott Stone had once been a professional entertainer until we read his *Member Spotlight* in last month's *Club Newsletter*.

Elliott graciously entertained Club Members with several songs — to resounding applause! Plus, we got to meet his wonderful wife, Carolyn. As one Club Member said to her, “Thanks for sharing him with us!”



And all for only \$25 per person! The Club always strives to offer the best food and the best company at the best price!



(top) Elliott entertaining (middle) Tom Vaughn, Nancy and Bill Purdy enjoying his performance (bottom) Jack Day, Dave Straus and Bob Vaugh Gene Abell and Bob Dickey all enjoying a laugh.



## A Gratifying Connection

Stephen Richmond, a 2017 recipient of an RRVUC Scholarship Foundation award, contacted Jerry Lambo a couple of weeks ago. Because he was still taking finals at the time, he had been unable to attend the Scholarship Luncheon but wanted to know if he could have a way to thank the Club membership. Jerry invited Stephen and his father, Pastor Murray Richmond, to lunch on Monday July 9th and a fine time was had by all.

Table conversation was fortuitously appropriate. Stephen is a Political Science major at Western Oregon University and among those at the table were Mark McQueen who for many years was Congressman Bob Smith's administrative assistant. Mark was able to share a lot of insight with Stephen on the world of politics.

The Richmond family came to Medford from Alaska where Stephen grew up. That led to a lot of conversation about Alaska including with Jack Day.

John Weisel and Gene Abell rounded out the table and the array of perspectives all were able to share was really impressive to both guests.

Club Members were interested to learn that, given the extensive South Medford High School processes now in place to monitor academic progress by RRVUC Scholarship Foundation recipients, it seems clear that the probability of repetitive awards by the Foundation to recipients will be significantly greater than in the past.

Following that lunch, Stephen sent a very positive thank you note to Jerry which was very complimentary and appreciative of both the lunch and the lunch time discussion.

Club Members' generous support for the Scholarship Foundation is clearly having a positive effect on the lives of some young people. If you would like to help further this work, please consider donating an item to the Summer Picnic auction by contacting Dave Straus by clicking [Dave Straus](#). **And please join us for the Summer Picnic and participate in the auction. Dave has assembled some great items!**



Leave your  
**Mark**



Previous Club Members have included the Club in their estate plans and their generosity has helped create the experience you've enjoyed here.

Please consider leaving your mark on the Club's future by requesting a bequest invitation from [Jerry Jacobson](#) at 542-773-2727.

**Register for the Summer Picnic NOW!**



## Email Problems?

Several times a year we hear from Members who report they are no longer receiving Club emails and want us to check on restoring them.

If generally turns out that, at some point, they clicked on the unsubscribe link contained at the bottom of each Club email. If you accidentally (or intentionally!) click on **unsubscribe**, federal anti-spam policies forbid us to simply re-subscribe you. The solution to the problem is more complicated than that.

So, please, don't unsubscribe if you want to continue receiving our emails. And, please, let us know if you change your email address which is also a leading cause of Club emails not reaching a Member.



## Badge Replacement

Thank you for wearing your Member badge when attending Club lunches and dinners. **It REALLY helps new Members feel more at home.** It's easy to just leave your badge on the table when leaving - so please try to remember.

If you lose your badge the Club will replace it *the first time*. After that, you will be asked to cover the replacement cost (which is about \$10).

## Contact Us

Give us a call for more information about our services and products

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