



LACKLAND OFFICERS' WIVES' CLUB BOARD (1995-1996)

Honorary President	Mrs. Patt Courter
Advisor	Mrs. Jan Carlton
Advisor	Mrs. Barb Linder

OFFICERS

President	CeCe Snyder	695-9814
lst Vice President	Joan Gesch	695 – 2663 675 – 7617
2nd Vice President	Valerie Dovey	647-4710
Secretary	Belinda Vazquez	1075-5401
Corresponding Secretary	Gerry Paga'n	509-0903
Social Treasurer	Sarah Schafer	670-8891
Welfare Treasurer Parliamentarian	Gerry Paga'n	509-0903

STANDING COMMITTEE CHAIRMEN

Community Relations	Acelyn Coachman	509-8274
AF Village I Liaison	Virginia Perry	674-1265
AF Village II Liaison	Jackie Reed	677-8065
Historian/Photographer	Dee Elliott	670-0702
Programs		
Special Activities		
Antique Club		
Bowling	Marilyn Hamer	523-5794
Duplicate Bridge	Dorothy Alford	677-8864
Tennis	Barb Linder	674-4297
LOWDOWN Editor/Publicity	Gail Smith	521-5816
Luncheons		
Membership	Bonnie Howells	681-9396
Hospitality		
Reservations	Jane Arrington	675-9224
Welfare	Linda Beecroft	673-5262
Scholarships	CeCe Snyder	695-9814
Thrift Shop	-	
Day Chairman	Beth Wicklund	492-0203







Mrs. Patt Courter + Mrs. Lisa Senst





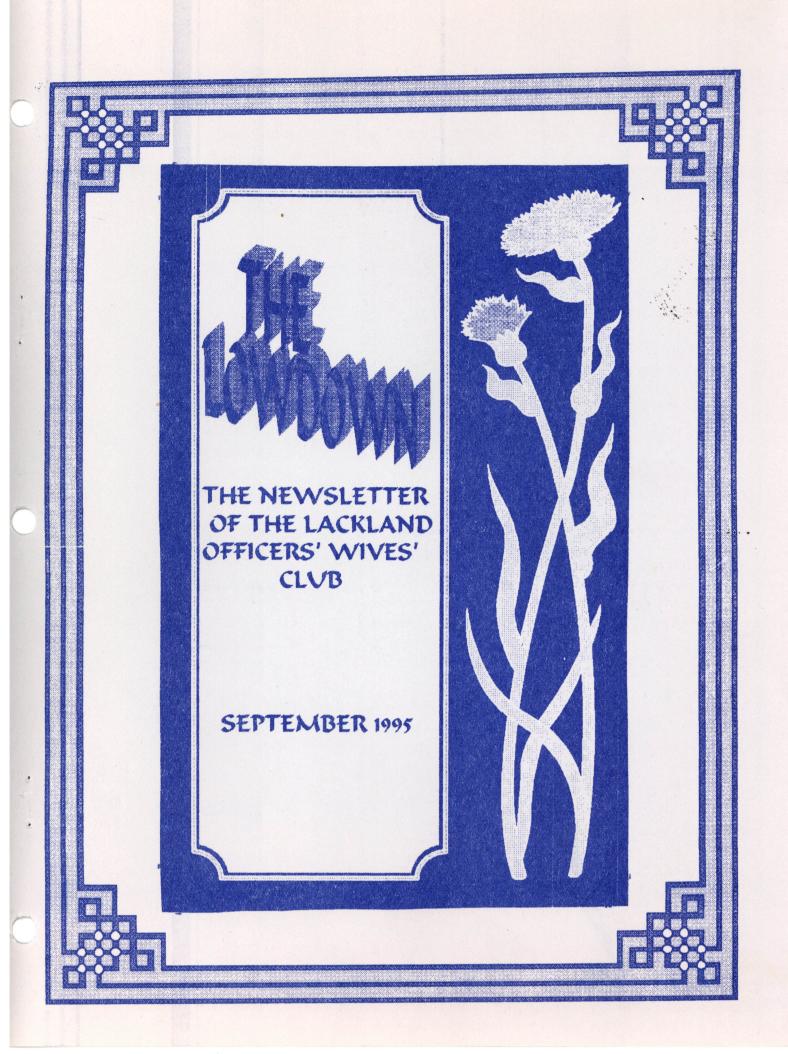
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LACKLAND OFFICERS' WIVES' CLUB BOARD (1995-1996)

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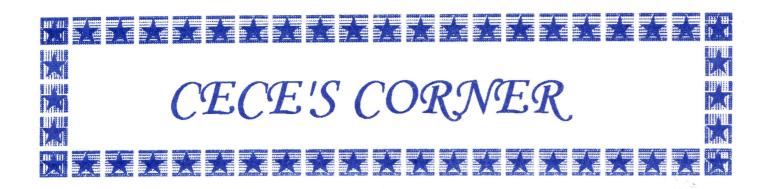
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President	CeCe Snyder	695-9814
		695-2663
1st Vice President	Joan Gesch	675-7617
2nd Vice President	Valerie Dovey	647-4710
Secretary	Kay Heining	678-0666
Corresponding Secretary	Gerry Paga'n	509-0903
Social Treasurer	Sara Schaefer	307 0703
Welfare Treasurer	Gerry Paga'n	509-0903
Parliamentarian	30.19 1480 1	707-0703

STANDING COMMITTEE CHAIRWOMEN

K/A	Community Relations		
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	Day Chairwoman	Beth Wicklund	492-0203

The LOWDOWN is an unofficial newsletter published monthly. It is for the sole use of the Lackland Officers' Wives' Club. Opinions expressed herein do not necessarily represent the United States Air Force, the Lackland OWC executive board or the LOWDOWN editor. Submissions for publication in the LOWDOWN are encouraged and should be submitted to: Gail Smith, Editor, 7307 Wickahoney San Antonio, TX. 78250. The editor reserves the right to rewrite submissions to fit the requirements of the newsletter.



Welcome to all! We at OWC want to welcome each of you: those who are newcomers or those who may have been here a while and are just now joining us. There are many opportunities for each of you. In each newsletter we will keep you completely informed.

As your president I am always open and eager to all suggestions and always available to you.

Hope to see you at the September Luncheon.

Godspeed,

CeCe Snyder



MEET PATT COURTER

Our new Honorary President is Patt Courter, wife of Brig. Gen. Robert Courter. In this issue we will try to get a glimpse of this intriguing lady's life.

Patt came to us from Wright Patterson AFB having served their OWC as the 1st Vice President and President and was their Air Force Village Representative! In fact, one of our long time residents recognized her on a recent trip to AFV-1 and said, "I remember you!" Patt was impressed and touched by this recollection since it was 20 years ago, but I understand with her blonde hair, flashing blue eyes and enthusiastic personality, Patt creates an impression that is impossible to forget:

Besides being nearly indispensable to the OWC at Wright Patterson, Patt's degree in administration landed her a position at Wright State University where she managed the Pre-college Programs. Langley AFB also appreciated her skills as an administrator during the Courter's tour of duty there.

What does this energetic lady do at leisure? She adds to her encyclopedic knowledge of American Antique furniture, a passion she shares with her husband. A focal point in her house is an elegant grouping of two church pews draped with handmade quilts, these seemingly simple pieces become dramatic and very effective.

What Patt refers to as "good old down home cooking" is today known to be the territory of the gourmet and that, she surely is. When asked if she would like to go to a good restaurant to celebrate her recent 14th birthday, Kelly Courter instead chose a favorite meal from her mother's repertoire. As we all know, no better assessment of our cooking ability exists than the reviews of our children. After she finished her favorite dishes at Patt's table, Kelly said, "Okay Mom, now we can go out to dinner tomorrow night."

In addition to Kelly (who is a freshman at Lackland's high school and will break many young men's hearts) the Courter's have two sons - Scott who is 24, a graduate of Wake Forest, married and living in Glendale, Arizona and Rob, 26, living in Richmond, Virginia with his wife who will make Patt a grandmother for the first time in mid February. To say she is excited about this event would be a world class understatement. Explaining that she is a grandmother will be necessary, for no one will guess - she does not look old enough.

In conclusion, Patt aspires to be a good ambassador for Lackland and the Air Force. Not to worry charming lady, you are succeeding beyond all dreams - both yours and ours.

Ideas shoot into my head all the time. They attack at inopportune times (like 3:15 a.m.) causing me to lose sleep. <u>Please</u> read my suggestions and my tongue-in-cheek descriptions and tell me which ones you would like to participate in and which won't fly at all. My phone number is 521-5816.

ACTIVITIES

- 1. Book Club the only requirement here is to know that books exist for purposes other than to boost a 3-year-old higher at the dinner table.
- 2. Quilting & Sewing Club you must realize that this "art of the heart" has nothing to do with Quilted Northern Bathroom Tissue.
- 3. <u>Mah Jongg Club</u> here you need to be able to use the words "Mah Jongg" in a sentence. It would NOT be correct to ring Gerry Paga'n's doorbell and say, "Yall's dog just bit me on mah jongg".
- 4. Rumbling Tum club my personal favorite. We would only insist that you view eating as something other than a survival exercise.
- 5. <u>An Investment Club</u> we could become rich and famous like those ladies from Ohio. Then we'll write a book (which will be reviewed favorably by the Book Club) and go on Oprah.
- 6. Golf requires creative math skills. For instance: It takes you 31 strokes to reach the green on the first hole. Also, it takes 30 strokes to get that little ball into the cup. So what's your score? Answer. 7.
- Proof: Reduce all numbers to their primary components, e.g. 31 strokes is 3+1=4 (I'm sure you understand this logic). Next repeat the process for the cup strokes. 3+0=3. Your score is 3+4=7. Why is it that men cannot grasp this method for keeping score?
- 7. <u>Duplicate Bridge</u> you must realize that this is a card game and not a project to construct another bridge across the San Francisco Bay that is exactly like the Golden Gate.
- 8. Gardening our "Christmas in July" club. No one will be "Hoe, Hoe, Hoe-ing" in July like these ladies.

- 9. <u>Poetry Club</u> here you must be able to identify Ogden Nash. If you believe it to be an extinct automobile you're wrong, but you have exceptional knowledge of old things so proceed directly to:
- 10. Antique Club this is where we explore the beauty of vintage furniture and object d'art. There is absolutely no truth to the rumor that this is a chat group for the over 100 crowd! Kay Heining is the chairwoman and she can tell you all about this exciting group. Reach her at 678-0666.

Lackland's OWC is dynamic and we are on the move. Come join the fun and be an active member!



THE CLUB CONNECTION

Our Sister clubs, the Enlisted Wives and the Wilford Hall Officer's Auxiliary (WHOA) need our support as we need theirs. The <u>Lowdown</u> will publish their activities monthly.

WHOA - The annual Welcome Coffee will be held on Friday, September 22 at 10:00 a.m. at the Silver Creek Recreation Center. The dress is Texas Casual and you can call Becky Greising at 680-9129 for reservations and directions.

The <u>Pantry Prescriptions</u>, a cookbook with over 600 recipes from WHMC and Lackland commanders' wives both past and present, Surgeons generals' wives and of course, WHOA wives, will be available at our September 21 luncheon or by mail from SUE PATTERSON, 215 WEST PERIMETER, SAN ANTONIO 78227. The cost is \$14.00 or two copies for \$26.00.

ENLISTED WIVES CLUB - will be hosting an Ethnic Fashion Show and Luncheon on Wednesday, September 13, at 11:30 a.m. in celebration of Hispanic Heritage Week. It will be held in the Ballroom of the Officers' Club and cost is \$7.50. Call Norma at 673-9719 for reservations.

The Enlisted Wives Club need new members to help support their programs that are so beneficial to Lackland. Please remember to suggest membership to all your friends who are married to enlisted members of all ranks.

LUNCHEON SEPT. 21, 11A.M.
TALBOTS FASHION SEMINAR
REGULAR MENU \$7.35

Toss Salad w/ House Dressing
Grilled Breast of Chicken
w/ Lemon Sauce
Rice Pilaf
Green Bean Almondine
Hot Rolls w/ Butter
Coffee or Tea
ALTERNATIVE MENU \$5.70

Fresh Fruit Plate

w/Scoop of Cottage Cheese

Hot Rolls w/Butter

Coffee or Tea

OPTIONAL DESSERT \$1.80

Chocolate Cream Pie

Call Reservation Chairwoman Jane Arrington 675-9224 by Noon Monday, Sept. 18.

PERMANENT LUNCHEON RESERVATIONS

We are going to offer permanent reservations this year. To make a permanent reservation, please complete the request form below and mail it to:

Jane Arrington 113 Yount Circle, San Antonio, TX 78236.

Remember you will be charged for any reservation, both permanent and monthly, not cancelled by Noon on the Monday preceding the luncheon. You <u>MUST</u> call Jane at 675-9224 if you wish to make any changes in your permanent reservation, for instance if you wish the Alternative Menu this month and not your usual Regular Menu, or if you wish to add or delete the dessert, or if you leave PCS.

PERMANE	ENT RESERVATION
REQUES	T FORM 1995-1996
LAST NAME	FIRSTNAME
HUSBAND'S NAME &	RANK
CLUB CARD #	
ADDRESS	ZIP
HOME PHONE	
OPTIONS: REG. MENU	ALT. MENU
DESSERT	YES NO
I understand that unless I	call Jane Arrington by 12
Noon on the Monday prece	
receive and be charged for	my above choices.
Signature	Date

FAMILY SERVICE

The volunteer was alone in the early Friday morning mist outside Building 1249, drinking a cup of tea and waiting for the employees of Family Support to arrive for work. As the wife of an active duty member, she followed her husband's duty day which meant she arrived earlier than the building opened at 7:30 a.m. She actually worked for Family Services, a part of Family Support although staffed solely by volunteers, and she loved the job.

The day promised to be humid and unseasonably warm, but the volunteer was enjoying herself under the trees when Mr. Holmes, Director of Family Support, arrived to unlock the door. She turned on the lights on the first floor and opened the doors to the Loan Closet where members of our Air Force Family and Extended Family borrowed household items to tide them over until TMO caught up with their PCS move, or perhaps needed some futons for weekend guests, or retired grandparents (the Extended Family) might require a car seat for their visiting grandchild. Continuing down the hall, she smiled while opening the door to the room where Operations Teddy Bear was located remembering the layette she had given to the first born of an E-3 last week. This room held the future. Next was the Airman's Attic where donations of clothing, furniture, and sometimes canned foods were available to E-4's and under. Oh yes, she was lucky to work here.

"Well," she thought, "since we don't open 'officially' until 9 a.m., I'll just do some office work at the front desk, and be 'unofficially' opened in case someone needs something early." Turning to go to the desk, she noticed that a young mother stood in the doorway with two very warmly dressed children peeking out from behind her skirts. The mother looked exasperated. The children looked HOT! "I'm wondering if you can help us. We just arrived from Alaska Wednesday, and the kids don't have any appropriate clothing for the weather in San Antonio. It's so warm here! I never expected this — heat! so early in the year! If you can help us out, I promise to return everything as soon as I can buy summer clothes." Walking back to the Attic the young wife told the volunteer of her shock at leaving Alaska for the first time in her life and arriving in Texas to a completely new way of living. The clothes she found there were much to her liking and she was very grateful. Certainly she looked happier as she waved to the volunteer from outside the window.

The phone was ringing and she hurried to answer it. No sooner had she answered the caller's question and hung up, the only other volunteer scheduled that day called to say she couldn't come in. This didn't seem to pose too great a problem, since it was Friday and business was likely to be slow. Except for the unrelenting telephone this proved to be true, the day yielding up it's pleasures and duties at a moderate pace and now it was 2:45 p.m., only fifteen minutes from closing and the appearance of her husband. They had planned dinner out and maybe a movie, and the volunteer was eagerly anticipating the evening. She was counting the minutes, you might say.

The phone rang and she stopped counting. The Red Cross was calling from Wilford Hall. A young unmarried Airman for another local AFB had given birth recently. She had been diagnosed with a terminal disease during her last trimester and had nothing for her healthy newborn daughter — could Family Services help with anything at all? Any baby items would be appreciated. "Of course we can help. we'll get her a layette, and let me check to see if anything has been donated to the Attic that she could use. Can I call you right back?"

She noted what was available (a stroller, a highchair, and a walker, there through the generosity of the donors) and called the Red Cross. "Wonderful," they said, "we're trying to locate more help for her so she can take her child home. We will let you know when someone can pick up the items."

Someone is slowly opening the door. It is a handsome SRA with his wife and possible the most beautiful child the volunteer has ever seen. "Ma'am," he whispers, eyes downcast, "we just PCS'd in from Japan and my paycheck hasn't caught up with us yet. We don't have anything to eat and I don't care about myself, but my little girl and my wife are hungry. Can you tell me where I might be able to get some food for them?"

No, not this right after the sadness of the new mother. You will not cry, you will smile and get these people some food and reassure them that the Air Force cares and will assist them. The volunteer steels herself and with determination takes the family to the food locker, telling them of other possibilities for assistance including Family Support. She gives them a paper sack full of tuna, canned peas and corn, some instant potatoes and some macaroni and cheese. On her lunch break she visited the Commissary and purchased some chocolate cookies which she realizes now she doesn't want, so she slides those into the top of the sack. The little girl's face explodes in delight.

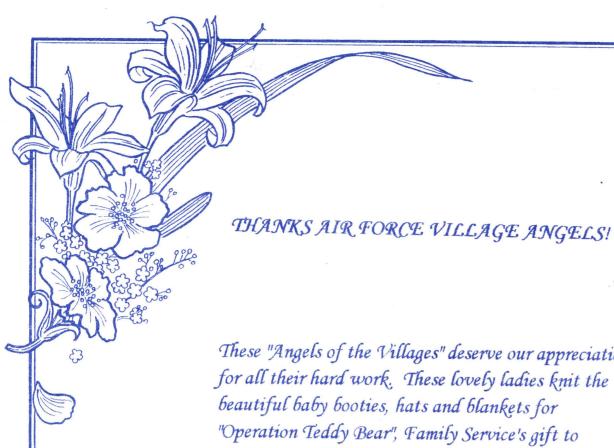
They couldn't pay me enough money to equal that look, the volunteer muses as she begins to lock the doors she opened early that morning, and she feels warm inside. Checking and locking doors, working her way up to the desk, the volunteer sees her husband coming down the sidewalk and admires him as he walks through the door. What a wonderful evening they will have! Collecting her purse, she prepares to leave. That obnoxious phone begins to ring. Picking it up with an exasperated glance at her husband, she hears, "This is the mother of the Airman who just had the baby." I've come to take my daughter and granddaughter home. I didn't know about the illness before today, that's why I wasn't here sooner. I had no idea, but the Red Cross here tells me how understanding and helpful you were and I want to thank you from the bottom of my heart. We will buy everything they need, so you can return the items to your Attic and help someone else. God bless you."

She replaced the hand set, looked at her husband and cried, knowing that God had blessed her.

Family Services desperately needs volunteers to share in the joy of their work, so I wrote this story to attempt to persuade a few people to join and share incredible experiences like these. But I didn't have to use my imagination, because this day really happened, almost exactly as I have related here and I should know, I was the volunteer.

PERMANENT TRANSPORTATION RESERVATIONS

Do you need transportation to the luncheons from AFV-I and AFV-II? We are going to provide you with an answer to this problem. To arrange for permanent transportation reservations call Jackie Reed at 677-8065.



These "Angels of the Villages" deserve our appreciation for all their hard work. These lovely ladies knit the the first born child of E-4's and under.

> Marian Wigiey Helen Posmak Gail Brennan Marge Hadley June Atwood Peggy Wooten Marcie Clements Jackie Reed

BLESS YOU ALL - YOU'RE WONDERFUL!

Get Well wishes to Ruth Miller at AFV-1 who recently broke her hip. We're thinking about you and hoping for your speedy recovery.



MEMBERSHIP

You can be a member of Lackland's OWC:

- 1. If your husband is an Active Duty or Retired and is a member of the Officers Club, you may be a member of the Officers' Wives Club. Your dues will be charged on his club card.
- 2. If you are a widow you may be a member for only five (\$5.00) dollars a year. A widow may be a member of the OWC without being a member of the Officers' Club. However, if a widow wants to cash checks or charge meals at the Officers' Club, she must become a member. Please check with the club for further information.

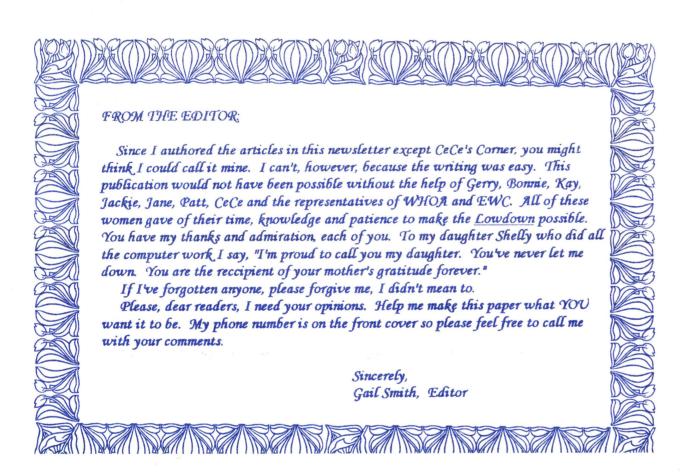


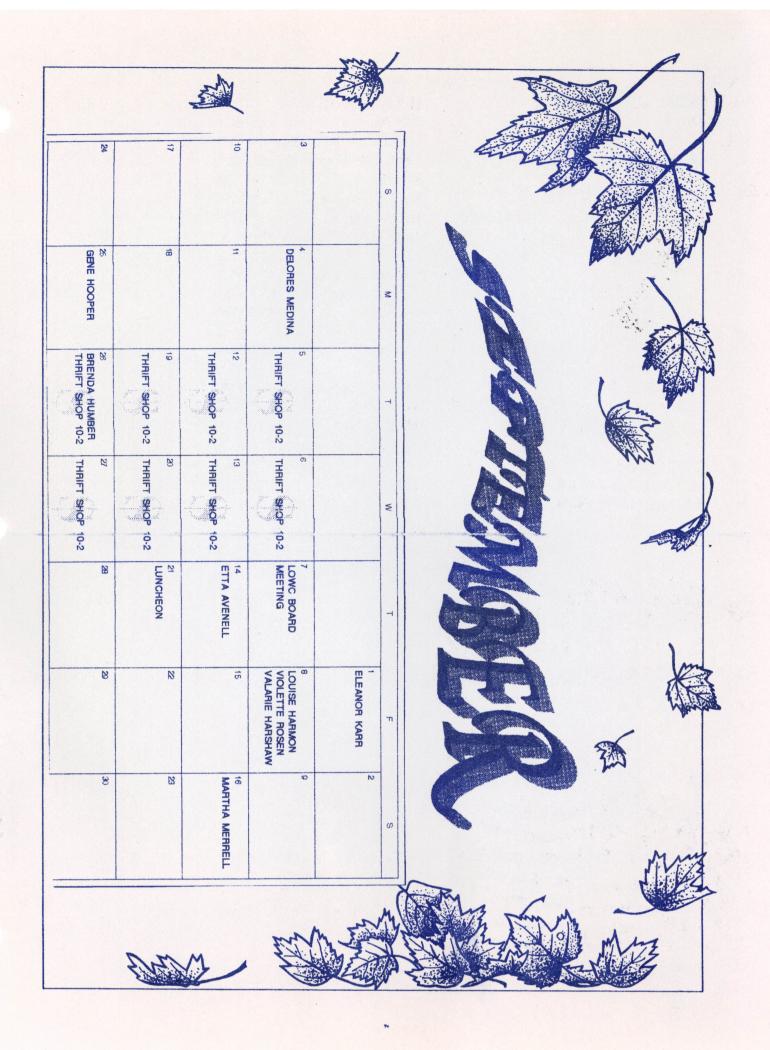
BOOK REVIEW

This month's book is <u>Politically Correct Bedtime Stories</u> by James Finn Garner. It is a thin volume, easily and quickly read. Mr. Garner's premise is that "Once upon a time in olden days heavyset-middle-aged men would congregate in their elitist clubs and pitch story ideas and plots to each other." These stories, he contends, became our favorite if discriminatory bedtime stories. They are demeaning to witches, goblins and fairies the world over, so as a socially responsible adult male he has set out to right these wrongs, apparently so he could sleep better at night. You will find your (and your children's) favorite tales here satirically altered to conform to our present standards of political correctness. Little Red Riding Hood is here with Cinderella, The Three Little Pigs and Jack and the Beanstalk among others. Each womyn (there is no m-a-n in womyn) is treated with respect for her feelings, her person and her sex.

Politically Correct Bedtime Stories is a wonderful book to read when you're short on time but need a dose of laughter to pick you up, yet there is a lesson here too and it speaks to us clearly. To be kind and non-offending to all people is admirable, but we must truly feel that way. In too great a measure nondiscrimination not only sounds silly and stupid, but informs those people we wish not to offend that we lack sincerity and common sense.

Rating on a scale of one to four - <u>Politically Correct Bedtime Stories</u> gets three and a half stars for being fun.





REFERENCE DIRECTORY

REFERENCE DIRECTORY			
 EMERGENCY SERV	/ICES	BASE SERVICES	
Ambulance	671-2222	Bowling Alley	671-2271
Crime Stop	671-1100	Chaplain's Counseling	671-4208
Emergency. Room	670-7331	Child Care/Preschool	653-4990
Fire	117	Commissary	671-2760
Helpline	227-HELP	Family Services	671-3609
Poison Control	1-800-392-8548	Family Support	671-3722
Red Cross	671-1855	Info/Tickets/Tours	671-3133
Security Police	671-2018	Library	671-3526
		Officer's Club	673-5881
MEDICAL SERVICE	<u>S</u>	Pizza Delivery	673-5953
Wilford Hall Info	670-7100	Post Office	671-3744
Dental Clinic		SATO	
Dunn	670-6379	Official	674-0443
Mac Kown	670-7251	Leisure	673-9057
Pharmacy		Schools Business Off.	670-4350
Main Outpatient	670-5410	Theater Info	673-8077
Refill	670-7000	Thrift Shop	671-3600
		Veterinarian	671-3354
BASE SERVICES			671-3631
Base Exchange	674-8966	Youth Center	671-2388
Base Operator	671-1100		



C/O OFFICERS' CLUB
1890 3RD STREET
LACKLAND AFB, TX. 78236-5135



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Toss Salad w/House Dressing
Grilled Breast of Chicken
w/Lemon Sauce
Rice Pilaf
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Hot Rolls w/Butter
Coffee or Tea
ALTERNATIVE MENU \$5.70

Fresh Fruit Plate

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OPTIONAL DESSERT \$1.80
Chocolate Cream Pie

Call Reservation Chairwoman Jane Arrington 675-9224 by Noon Monday, Sept. 18.



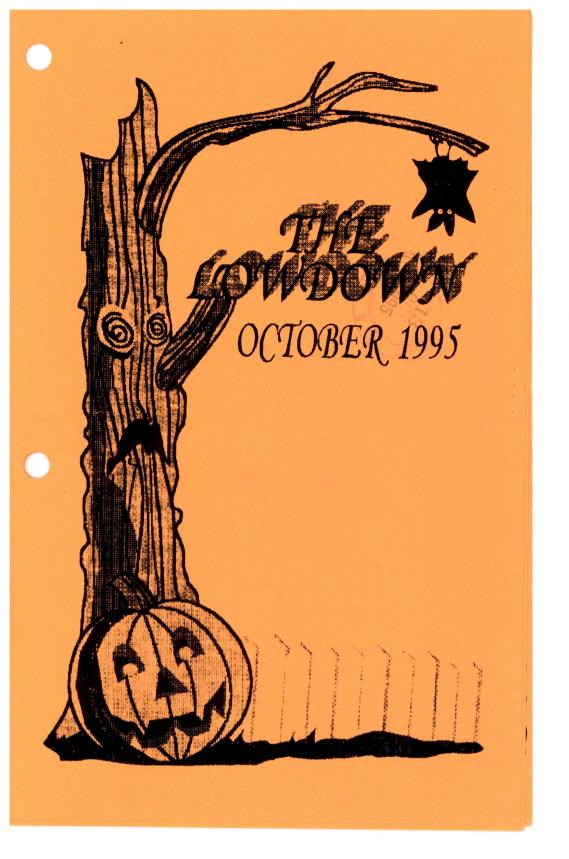


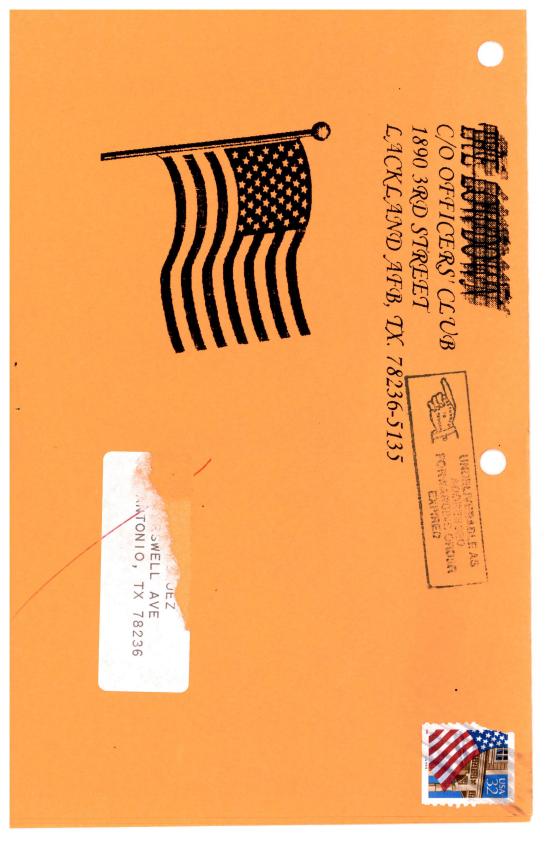










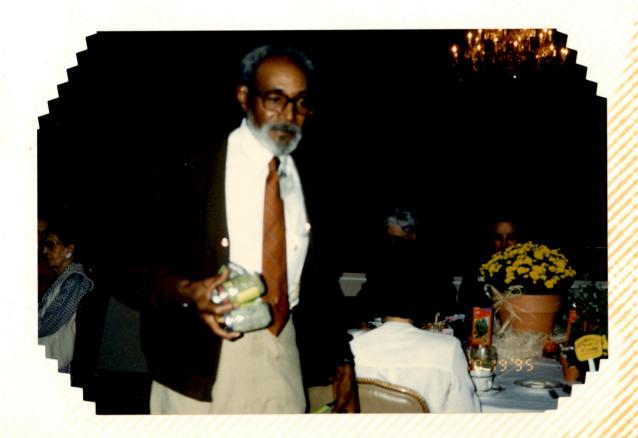


LUNCHEON OCT. 19, 11 A.M. BEXAR COUNTY MASTER GARDENERS PRESENT: HERBS REGULAR MENU \$ 8.20 Toss Salad w/House Dressing Beef Stroganoff Butterd Noodles Butterd Carrots Hot Rolls w/Butter Coffee or Tea ALTERNATIVE MENU \$5.50 Chef Salad w/House Dressing Hot Rolls w/ Butter Coffee or Tea THERE IS NO DESSERT SELECTION Call Reservation Chairwoman Jane Arrington 675-9224 by Noon Monday, Oct. 16.











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LOWC NOVEMBER 1995



HAPPYTHANKSGIVING

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CECE'S CORNER

Happy Fall! Seems impossible that it's "that time of year" again. What a fun time, with a lot of warm hearts, thankful minds and enough food to last a lifetime. As always, let us all reflect on good times, appreciate our loved ones and be very thankful for each and everyday.

As your president, I am thankful for the opportunity to serve as your president and thankful for all our many volunteers that have spent hours contributing to the LOWC. Each of you count.

We have a lot of activities to offer. Please check your Lowdown for all the valuable information. You can sign up to volunteer at the Thrift Shop; join in for our monthly luncheon; or, help decorate the Officers' Club for Christmas. Feel free to call on me for anything.

Have a SAFE and HAPPY Thanksgiving.

Godspeed, Ce Ce_ CeCe Snyder

GET WELL WISHES

To John Medina, son of Lt. Col. and Delores (Lola) Medina, who was seriously injured in a car accident. Out thoughts and prayers are with you. If you wish to send a personal message to the Medinas, here is the address:

Lt. & Mrs. John Medina 107 Yount Circle San Antonio, TX 78236

ANNOUNCEMENTS AND ACTIVITIES

Bring your own hammer and join us Monday and/or Tuesday at 9:00 a.m. to decorate the Officers' Club. The more hands we have, the quicker the work will go.

Take an airman home for Thanksgiving dinner! Our new airmen need to have a home cooked meal and some "back at home" felling on our November holiday. You can call 671-5453 (Monday thru Friday 8:00 to 4:00) to provide Thanksgiving cheer to two or four or any number of lonely airmen at your home. Come to the Gateway Chapel on Thanksgiving Day to pick them up.

<u>DLI Thanksgiving</u> - Lackland's Defense Language Institute also needs people to introduce its students to the uniquely American celebration of Thanksgiving. Call 671-2167 if you would like to share your Thanksgiving with a foreign military member or family.

Christmas Cookies - When baking cookies for your family this year, why not bake a dozen or two extra and donate them to the Gateway Chapel where they will be boxed and presented to Wilford Hall patients. If you are baking early, good for you! Just bring them to the Chapel and they will freeze them for delivery in December.

<u>Tri-Care Briefing</u> - Don't understand our new health care options? This briefing is for you! See you at the Gateway Theater (next to the BX) on November 15 from 10:30 - 12:00 or 5:00 -7:00 p.m.

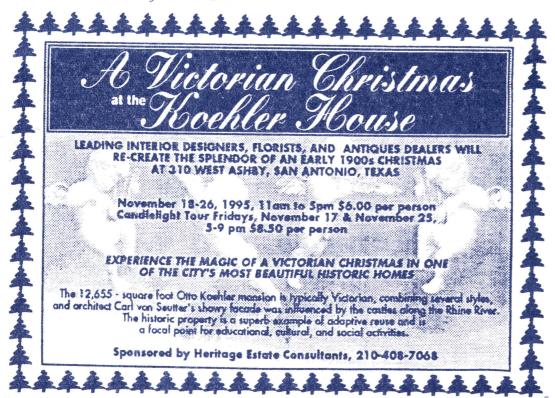
We have a Mah Jongg Club! These dynamic ladies are going to meet at the Officers' Club for some intense games. Some players are new to the game and some are experts who love to teach others. Call Doors Morris at 681-1546 for more information.

Don't forget the great bag sales at the Thrift Shop on the first Saturday of each month!

THE CLUB CONNECTION

Our Sister clubs, the Enlisted Wives and the Wilford Hall Officer's Auxiliary (WHOA) need our support as we need theirs. The <u>Lowdown</u> will publish their activities monthly.

<u>WHOA</u> - On November 18-19 (Saturday and Sunday) from 11:30 to 4:30 p.m. the Auxiliary will be selling baked goods and serving desserts at Koehler House, a stately Victorian House decorated for the Christmas season.



WHOA will be selling their terrific cookbook, "Pantry Prescriptions" (see this months book review) at Lackland's huge Craft Fair on December 2 & 3 at Stillman Park. This will be a great place to shop for Christmas gifts and goodies.

Their first bake sale will be on Thursday, December 14 in the Wilford Hall Clinic lobby. Proceeds go to WHOA's fund-raiser.

The Auxiliary's Board voted to donate ten chairs, a table and a storage unit to the new Pediatric same-day surgery waiting areas. Congratulations Ladies! Your good works are appreciated by all Lacklanders.

ENLISTED WIVES CLUB - No report from the Enlisted Wives this month.

WELCOWES

NEW MEMBERS



NOVEMBER LUNCHEON MENU
NOVEMBER 16, 1995 11:00 a.m.
PROGRAM - HORS D'OEUVRES
BY JOAN WOOD, CERTIFIED CULINARY PROFESSIONAL
"HAPPY THANKSGIVING"

Wine Bar - \$1.50 per glass
Non-alcoholic Punch

REGULAR MENU - \$7.95

Fall Leaf Salad with Honey Mustard Dressing

Sliced Turkey Breast with Cornbread Dressing and Gravy

Stir-fried Mixed Vegetables

Special Rolls with Butter Stars

Coffee or Tea

OPTIONAL DESSERT - \$1.60

Pumpkin Pie

For this special occasion there will be no Alternative Menu.

For reservations call Jane Arrington at 675-9224 before noon on Monday, November 13, 1995



examples of these preces at the luncheon. These are surprisingly attractive and come in many different styles. Look for snottud mrotinu gracilita o sham said bins eschlassi, necklases, and principal gracilitations. Min su tenetry Orders Being Taker is enough of an interest we will

nwobwod redmess on in beherd out of Him ethus of 1002 oft the (enoitential there great attractions) at the soc of esseng ruot Antonio Zoo and we need to name it. Think of the best name you can and win

Name our Bald Eagle Contest - The LOWC adopted a bald eagle at the San

donations until be at the sign-in table. Christmas. For those of us who would rather donate eash, a box for these to estimal traitim them of nevig ed them haits at stated boot retember of short To bean Duve - A box until be available to accept your generous gifts of canned or

available at no extra charge. meal, a "pay as you go" wine bar will be offered. The cost of the wine will be \$1.50 our se state de cating these delibrations de lieur su seconse lest estruso be ston no su gram thu sale notionage around a second no margory a gritnese ar 1984, retired VSAF and Instructor at Joan Wood's Cooking School, will be Culinary Professional, member of the Association of Culinary Professionals since The Program - This is going to be very exciting. Ms. Joan Wood, Certified

ti tuoda uov Ilst ot sgaq There is so much happening at the November Luncheon that I needed a separate

PANTRY PRESCRIPTIONS A Book Review by Gerry Paga'n

This month's book is <u>Pantry Prescriptions</u> by The Wilford Hall Officers' Auxiliary. It is a well planned cookbook, with 600 user friendly recipes. The recipes come from spouses of residents, nurses, administrators, and the staff of Wilford Hall. You will find contributions from "VIP and Special Friends" on pages 225 to 234 which consists of Commanders' and Air Force Surgeon Generals' wives past and present.

I particularly enjoyed the trivia about Wilford Hall, San Antonio and Texas scattered about the pages. Here is an interesting fact. "The original hospital buildings went almost all the way around what is now the parade grounds. Staff made rounds on bikes." This book will keep you smiling when you read all about the "Recipe for Happiness", the "Stress Diet" and "Rules for Dieting".

Another WONDERFUL section is "Menus". There are 15 complete menus to get your festivities off and running. It takes the guess work out of entertaining and reduces the planning phase of your party. You can plan your next "Super Bowl Sunday", page 11 or host a "Luau", page 14. When you have your next "Tex Mex Party", page 1, don't forget to celebrate by assembling your guests for a rendition of "Texas Our Texas", the Texas State Song; the byrics can be found between pages 220 and 221.

<u>Pantry Prescriptions</u> contains recipes that are easy to follow as well as tasty. Looking through this book cover to cover, I have found many recipes I have used and many more I have consumed at dinner parties over the years. This is the true test of a good recipe!

What I will enjoy most about <u>Pantry Prescriptions</u> will be the memories. When I look at the names in this cookbook, I'll remember the special times in this special place and all the special friends.

Rating on a scale of one to five stars, I give this **** stars!!

The <u>Pantry Prescriptions</u> is still available thru Sue Patterson by mail, 215 West Perimeter, San Antonio, TX 78227. The cost is \$14.00 per book or \$26.00 for two copies.

VOLUNTEERS NEEDED

It seems that everyone needs volunteers right now. Giving of your time is a wonderful and satisfying thing to do. Here is a list of some very interesting places to donate some of yourself.

- Holiday Decorating at the Officers' Club. November 27 and 28. We will need as many people as possible to decorate the Officers' Club for the holidays. Please bring your own hammer with your name on it and be at the club at 9 a.m.
- Thrift Shop this is the LOWC's only present source of income for our scholarships and the other organizations we support like the Air Force Villages, SIDS Foundation, CAMP, Women in the Military Memorial in Washington DC., WHMC's Bone Marrow Transplant Program, and many, many more. Call Beth Wicklund at 671-3600 or 492-0203.
- USO It takes a lot of manpower to provide services like welcoming new folks in town at briefings, making coffee for them, helping them adjust to a new area. It also takes people to serve on the Board or one of the committees. You are needed wherever you want to be. Call 227-9373.
- FAMILY SERVICES Volunteers are always welcome. Hours are 10-2 Monday thru Friday in Build.1249 next to the Burger King, 671-3609. ALSO: The Airman's Attic (a part of Family Services) is expanding and as always we want to thank the donors who made this expansion possible. We are in great need especially of wire hangers to display our donated clothing.

ROAST TURKEY WITH MAPLE HERB BUTTER AND GRAVY

MAPLE BUTTER INGREDIENTS:

2 cups apple cider

2 tablespoons chopped fresh thyme or

2 teaspoons of dried

1 1/2 teaspoons grated lemon peel

1/3 cup pure maple syrup

2 tablespoons chopped fresh marjoram or

2 teaspoons of dried

1/4 cup (1 1/2 sticks) butter, room temperature

TURKEY INGREDIENTS:

1 14-pound turkey, neck and

giblets reserved
1 cup coarsely chopped carrot

2 cups chopped onion

1 1/2 cups chopped celery with leaves

2 cups canned low-salt chicken broth

GRAVY

3 cups (about) canned low-salt chicken broth

3 tablespoons all purpose flour

1 teaspoon chopped fresh thyme or 1/2 teaspoon dried

1 small bay leaf

2 tablespoons apple brandy (optional)

FOR MAPLE BUTTER: Boil apple cider and maple syrup in heavy large saucepan over medium-high heat until reduced to 1/2 cup, about 20 minutes. Remove from heat. Mix in half of chopped thyme, half of marjoram and 1 1/2 teaspoons lemon peel. Add butter and whisk until melted. Salt and pepper to taste. Cover and refrigerate until cold, about 2 hours. (Can be prepared two days ahead. Keep refrigerated.)

FOR TURKEY: Preheat oven to 375 degrees. Place turkey on rack set in large roasting pan. Slide hand under skin of turkey breast to loosen skin. Rub 1/2 cup maple butter over breast under skin. If stuffing turkey, spoon stuffing into main cavity. Rub 1/4 cup maple butter over outside of turkey. Reserve remaining maple butter for gravy. The legs together loosely to hold shape of turkey. Arrange onion, celery, carrot and reserved turkey neck and giblets around turkey in pan. Sprinkle vegetables with remaining 1 tablespoon thyme and remaining 1 tablespoon marjoram. Pour 2 cups broth into pan.

Roast turkey 30 minutes. Reduce oven temperature to 350 degrees. Cover entire turkey loosely with heavy-duty foil and roast until meat thermometer inserted into thickest part of thigh registers 180 degrees, basting occasionally with pan juices, about 2 hours 25 minutes for unstuffed turkey (2 hours 55 minutes for stuffed turkey). Transfer turkey to platter. Tent turkey with aluminum foil and let stand 30 minutes; reserve mixture in pan for gravy.

FOR GRAVY: Strain pan juices into large measuring cup. Spoon fat from pan juices. Add enough chicken broth to pan juices to measure 3 cups. Transfer liquid to heavy medium saucepan and bring to boil. Mix 3 tablespoons reserved maple butter and flour in small bowl to form smooth paste. Whisk paste into broth mixture. Add chopped fresh thyme and bay leaf. Boil until reduced to sauce consistency, whisking occasionally, about 10 minutes. Mix in apple brandy, if desired. Season gravy to taste with salt and pepper.

Brush turkey with any remaining maple butter and serve with gravy.

YOUR HOLIDAY KITCHEN:

Thanksgiving means turkey purchasing, cooking, eating, storing leftovers, eating leftovers, etc. Here are some helpful hints and recipes for the purchasing, cooking, eating, etc. of the bird.

WHAT KIND OF TURKEY SHOULD I BUY?

Select a fresh turkey if you will be purchasing it within a day or two of Thanksgiving. Look for one that is moist and firm with a fresh odor and white color to the skin. If in a package, make sure it is tightly sealed.

Select a frozen turkey if you wish to purchase it earlier. It should be solid to the touch and free of ice crystals or freezer burn; also, make sure the wrapping is intact.

DEFROSTING A FROZEN TURKEY:

A frozen turkey must be thawed slowly while being kept cold to prevent bacterial growth. Do this in the refrigerator. Place the bird in a shallow pan to catch any liquids that escape during the defrosting procedure. Allow 5 hours of thawing time per pound of turkey. For instance, a 12 pound bird will take 60 hours or two and a half days to thaw. Don't re-freeze uncooked turkey. You can safely freeze leftover cooked turkey.

PREPARING AND COOKING:

Remove the giblet package hidden in the body and neck cavities and wash the bird with cold water inside and out. If you wish, loosely stuff the body cavity with your favorite stuffing, but do this at the last minute because of bacterial concerns. Close the cavity with skewers or clean string, salt and pepper the outside of the turkey and place on a roasting rack, breast side up. Insert a meat thermometer in the thickest part of the thigh without letting the tip touch bone. Follow the guidelines on the package for roasting times which are based on the bird's weight. Roast at 325 degrees -NEVER LOWER! - uncovered until the thermometer registers 180 degrees. You can cover the turkey after the skin turns a golden brown to prevent over browning and baste with pan drippings during the last half of cooking. Allow the turkey to "rest" for 15 minutes, covered, to facilitate carving and to allow the juices to retreat back into the neat. Remove all the stuffing before storing any leftovers. HOW MUCH TURKEY SHOULD I BUY?

Purchase one and one half pounds of turkey per person.

PUMPKIN MARBLE CHEESECAKE

Crust

2 1/4 cups gingersnap crumbs 1/2 cup finely chopped pecans 1/3 cup butter, melted

Filling

3 (80z) packages of Philadelphia Cream Cheese, softened

1 cup sugar

1 teaspoon vanilla

3 eggs

1 cup canned pumpkin

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg dash ground cloves

• Heat oven to 325 degrees.

Crust

• Mix crumbs, pecans and butter, press onto bottom and 2-inches up sides of 9-inch springform pan. Bake 10 minutes.

Filling

- Beat cream cheese, 3/4 cup sugar and vanilla at medium speed with electric mixer until well blended. Add eggs, one at a time, mixing at low speed after each addition, just until blended. Reserve 1 1/2 cups batter. Add remaining sugar, pumpkin and spices to remaining batter, mix well.
- Spoon pumpkin and cream cheese batters alternately over crusts; cut through batters with knife several times for marble effect.
- Bake 55 to 60 minutes or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake from rim of pan; cool before removing rim of pan. Refrigerate 4 hours of overnight.

If you think the Cheese Cake recipe sounds tasty, try...

RUM CAKE

Submitted by Gerry Paga'n from her personal collection of favorite recipes. The author is unknown.

First thing sample the rum Quality is all important Better take several sips or a big slug just to be sure. Select a large mixing bowl, measuring cups and spoon. Just as a precaution, test the rum again. Get out your electric mixer and spatula. Better take a sip or two of the rum to see if the quality has been affected by being exposed to air. With an electric beater, beat 1 cup butter in a large fluffy bowl. Sip just a little nip of rum (do you sip a nip or nip a sip? Try both!) Add 1 tsp (a slug) to beater butter and beat some

more.

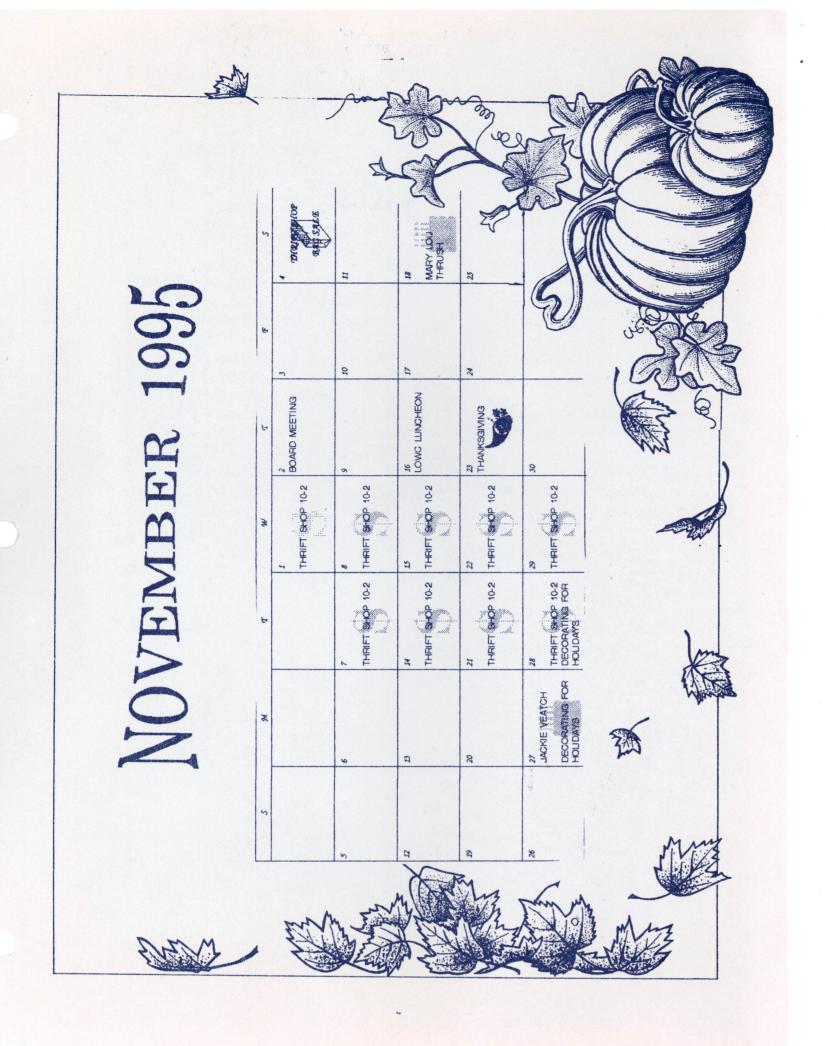
rum - dum- dummy (it's so-oo-yummy)

MEANWHILE - better test the

Add 2 large eggs and two cups fried fruit until very high. Sample rum for consistency. Sift 3 cups baking soda. Add pinch of rum and a teaspun of soda and a cup of salt or pepper or something. Time to taste the rum to see that it hasn't gone bad. Sift in a pint of lemon juice and fold the chopped buttermilk, Add nuts. just one mor sip of that good ole RUM. Now throw shome sugar at the bowl and shome

flour around any old place.

Greese the oven and turn on the cake pans to 350 degrees. Pour batter in oven and close oven door. Turn out lights and go to bed.



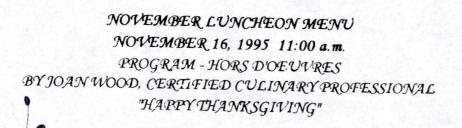
REFERENCE DIRECTORY

	REFEREN	LE DIRECTORI	
EMERGENCY SERVICES		BASE SERVICES	
Ambulance	671-2222	Bowling Alley	671-2271
Crime Stop	671-1100	Chaplain's Counseling	671-4208
Emergency. Room	670-7331	Child Care/Preschool	653-4990
Fire	117	Commissary	671-2760
Helpline	227-HELP	Family Services	671-3609
Poison Control	1-800-392-8548	Family Support	671-3722
Red Cross	671-1855	Info/Tickets/Tours	671-3133
Security Police	671-2018	Library	671-3526
		Officer's Club	673-5881
MEDICAL SERVICES		Pizza Delivery	673-5953
Wilford Hall Info	670-7100	Post Office	671-3744
Dental Clinic		SATO	
Dunn	670-6379	Official	674-0443
Mac Kown	670-7251	Leisure	673-9057
Pharmacy		Schools Business Off.	670-4350
Main Outpatient	670-5410	Theater Info	673-8077
Refill	670-7000	Thrift Shop	671-3600
		Veterinarian	671-3354
BASE SERVICES			671-3631
Base Exchange	674-8966	Youth Center	671-2388
Base Operator	671-1100		



LACKLAND AFB, TX. 78236-5135





Wine Bar - \$1.50 per glass Non-alcoholic Punch

REGULAR MENU - \$7.95

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Sliced Turkey Breast with Cornbread Dressing and Gravy

Stir-fried Mixed Vegetables

Special Rolls with Butter Stars

Coffee or Tea

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You are cordially invited to attend the

Officers Wives Club
CHRISTMAS BRUNCH

Thursday, December 14, 1995 11 AM till 1 PM Lackland Officers Club Ballroom

Entertainment by the Village Voices and Childrens Dance Group

No Charge, however reservations are required RSVP NLT Noon Monday, 11 December Jane Arrington 675-9224

















Joint Sewicis
Lunchean

March 19, 1996

Wyndham Hotel

Spansor

Kelly Owc

Guest Speaker

Mrs. Laura Bush



LACKLAND OFFICERS WIVES CLUB UPDATE

Please join us for the March Luncheon at Air Force Village One

"Then and Now"

hosted by the Ladies of Air Force Village

Thursday March 21
11 AM Social 11:30 Lunch
Baked Potato Bar with Key Lime Pie
Rolls, Coffee or Tea
\$6.35

RSVP NLT Noon Monday 18 March to Jane Arrington 675-9224

The Lackland OWC Nominating Committee is accepting nominations for the 1996-1997 Slate of Officers. If you would be interested in holding an office for the upcoming year or would like to nominate someone, please call Asalyn Coachman at 509-8274. The nominations will be presented at the March Luncheon with the election at the April Luncheon.











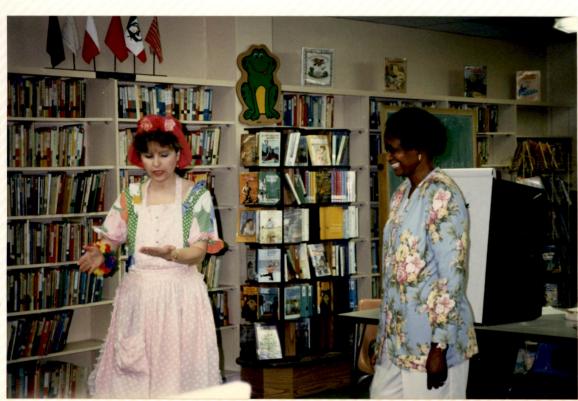






Lackland AFB Elementary School "Story Telling" Program











LACKLAND OFFICERS WIVES CLUB APRIL LUNCHEON

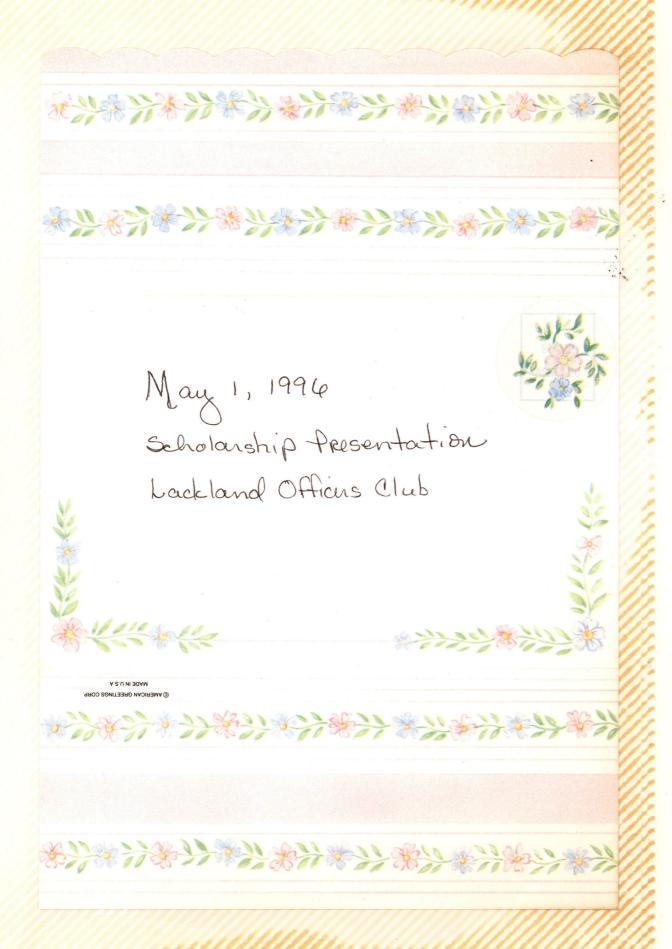
"SURPRISE BINGO"

Thursday, April 18 Lackland Officers Club Ballroom 11 AM Social 11:30 Lunch

Menu
Pasta Bar with Salad
Chocolate Mousse
Coffee or Tea
\$7.00

Reservations NLT Monday, April 15 Noon Call Jane Arrington 675-9224

Please join us for lunch and a chance to win beautiful gifts including silver, crystal and pottery!











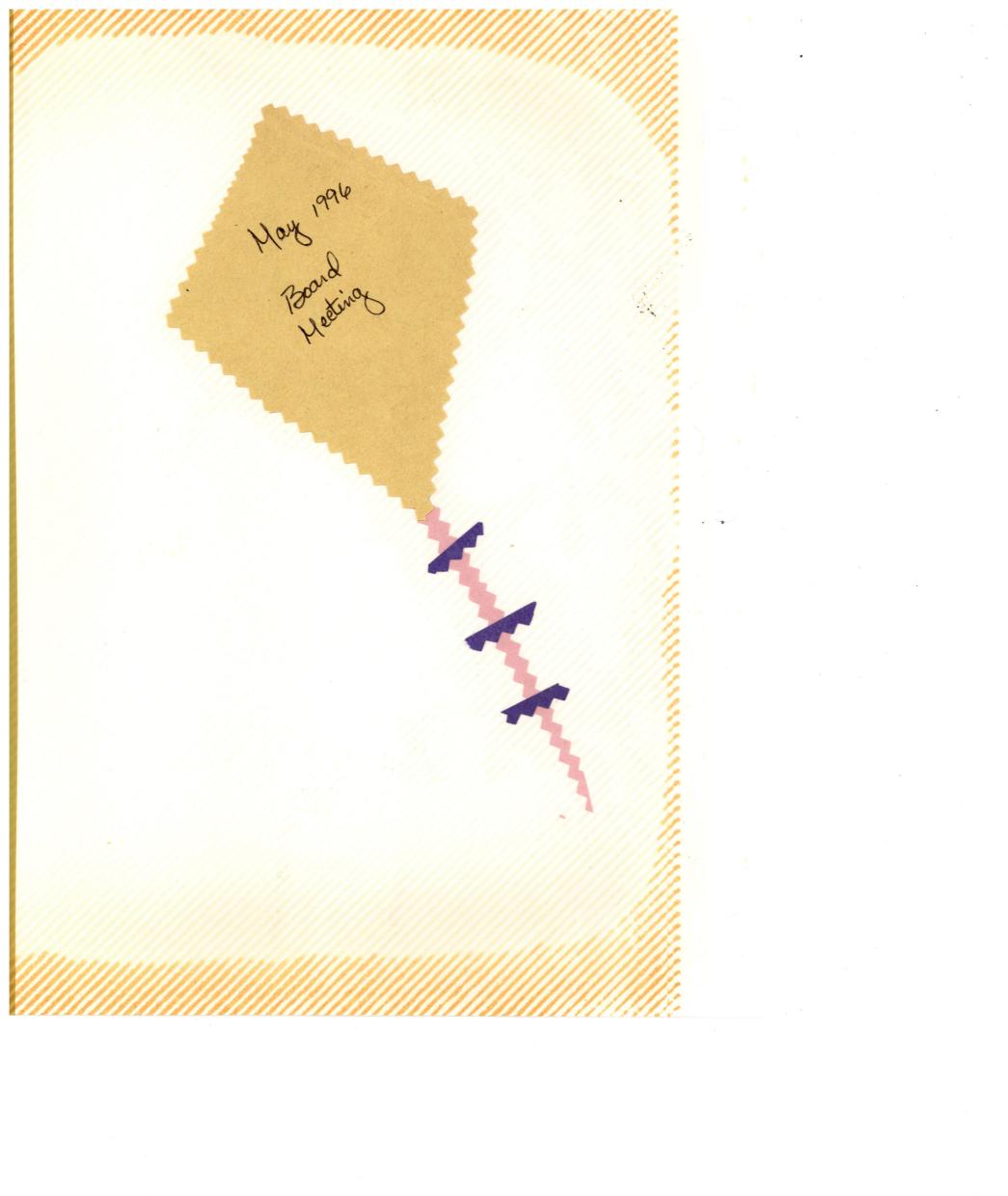
















LACKLAND OFFICERS WIVES CLUB MAY LUNCHEON and INSTALLATION OF OFFICERS

THURSDAY, MAY 23 11:00 SOCIAL 11:30 LUNCH

Menu
Seafood Salad on Avocado
Fresh Fruit Garnish
Croissants
Strawberry Shortcake
Coffee or Tea

or

Optional Chef Salad

Cost \$9.40

Reservation NLT Noon Monday 20 May to Jane Arrington at 675-9224

Please join us for the last function of the year!



























