

# FAMILY TIES

Volume 1, Issue 3

January 31, 1990

1989 has ended! The new decade begins-1990. It has already been a year of great promise. Look at all that is happening throughout the world! Is Peace no longer a dream, but becoming a reality?

Look at our family. One year ago, we hardly knew each other--only memories of long ago for the most part! How exciting 1990 will be for us--a time to become a real family.

Let us, as family, pray to our glorious, loving Father that the New Year will be filled with His gifts to us--Love, Joy, and Peace. It begins in your heart, my heart, our hearts first; spreads to our family, reaches out to all we meet and to all the peoples of the world. Just a little seed in our hearts can do all that; we must let Our Lord nourish us so we can grow strong in His gifts and as His family.

God bless and keep you very near to Him all of 1990.

Did you think we weren't going to get this issue out? Of course we are! A little late, but better now than never! On top of the holidays--Thanksgiving, Christmas and a new decade, Tom had to have bypass heart surgery, again. He was in the hospital in Midland and in Houston from before Christmas until just last week. We took him to Houston to have the heart surgery done at St. Luke's Hospital. He's doing fine now and we're back home and trying to reestablish a routine.

Carol Miller

## A NEW NAME

The editors of this family newsletter have decided to use the name "FAMILY TIES" for our paper. A lot of you had come up with this name and it seems to say what we want it to. We are all family and we do want to keep in touch with or have a "tie" to each other. We sincerely hope this name meets with everyone's approval.

Carol Miller  
Susie Aki

## REACQUAINTED

Denise McDonald was in Dallas for a MADD function last November and dropped by to see Helen and Charles Lundquist. Denise, Helen and Charles, Marianna and Jim Van Gilder and Susie Aki had dinner together and got to re-know each other. How wonderful to get reacquainted with each other again!

Jim Van Gilder was on a business trip to the northeast coast this fall and gave a call to "Butch" Charles Dickson and ended up spending the night with Butch and his family. What a nice way to get to know your relatives!

This summer with vacations in the planning, keep in mind which relatives are where and what a neat idea it would be to visit with someone you haven't seen since childhood. As large as our family is, there's bound to be someone you're related to wherever you go!

## NEW ADDRESSES

Since the last list was sent to you, we've had several changes of address. We'll list them here (and any future ones will be in future newsletters) and you can make the changes on the last list you received:



Charles & Lisa Lundquist, III  
105 Laurelfeld Drive  
Friendswood, Texas 77546

Christopher Lundquist is presently at 11422  
Sharpcrest, Houston, Texas 77072

Susie Walker is currently at 7944 Abramshire,  
Dallas TX 75231

Paul & Linda Lundquist  
5709 North Oak Tree Road  
Edmond, Oklahoma 73034

Hugh Robert Lundquist is temporarily at 6210  
Prospect in Dallas, Texas 75214.

Liz Parker is now with CC Parker at 1814  
Apollo, Dallas TX 75225

Jason and Alma Doran - we need your new  
address, too!

#### SPECIAL THANKS

While Tom was in Houston for heart surgery, I stayed with Charles and Betty Lundquist, Jr. at their home in Houston. They gave me a key to the house and literally allowed me to make "their house, my house." They were wonderful and really made me feel at home. I got reacquainted with Charles, III and his lovely wife, Lisa, Mandy and her "better half," Brian, Kate (David was out of town) and Christopher (Bibber), and all three grandkids, Victoria, Charles, IV and Eric. Charlie and Betty and their family were magnificent and I couldn't have done it without them. Many, many thanks!

Carol Miller

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#### SICK LIST

We have also been advised that Allen Graham had a heart attack at the end of last year while in Houston. We understand he is out of the hospital, better now and is at home. Allen, we all hope you continue to recover speedily and will offer our prayers for your complete recovery.

Helen Lundquist had a bad fall last October and

received a concussion. She had a stay in the hospital, but is home now and doing well. Mama, we are all so happy you're doing so well!

Chuck Hovitz was also quite ill during this past holiday season. He had a viral meningitis and is slowly recovering now. Chuck, we hope your recovery will soon be complete and pray that you regain your health quickly.

"Griff" Griffin also had recent surgery and is now recovering well. What a way to start the new year, Griff! You are in our prayers too.

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We have another beautiful poem from Katherine Wise. We are delighted to publish it for everyone--it's lovely and we want to share it with all:

#### DON'T GIVE UP ON ME

Dear Father I'm a sinner, and I know  
my sins you see.  
But please don't leave me, I need you always.  
Don't give up on me.

I try your patience in many ways  
this I know I do.  
I don't mean to and I don't want to  
because, God, I love you.

I know I'm weak and do things wrong  
'tho I try with all my might.  
To be loving and kind in heart and mind  
and do all things just right.

But I succeed so little and fail so much,  
a sinner I'll always be.  
So stand beside me, help and guide me  
and please--don't give up on me.

Amen.

Katherine Wise

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#### KUDOS TO BRIAN MILLER!!!!

Last May, 1989, Brian began his quit-smoking program--and succeeded! He is now smoke-free and definitely plans to continue that way. He went through the Life Signs program as advertised on TV and it worked! In fact, Brian



thinks smoking is now "disgusting" and for a two-pack-a-day+ smoker, he had really accomplished a lot!! Congratulations, Brian!

### LOVE STORY-HAWAIIAN STYLE

Andrew and I met here in Hawaii in high school. I was born and raised here in Honolulu. I've never known anything else as home. We became friends right from the beginning. It took awhile for us to figure out we really liked each other. We dated a month before graduation; then two days after graduation day Andrew was on his way to boot camp which was three months long. The only good thing about him being away was that I became very close with his family "the Akis." They are wonderful people and I love them as my own family.

I guess we were meant to be with each other because we were even close when Andrew came home. I was shocked that he was stationed back here in Hawaii. We decided to get married on July 11, 1987. The real blessing was we got pregnant with our first child, Sean Matthew, on our honeymoon. Indeed, a love child. He's brought so much to our lives and I feel we are truly blessed. We couldn't stop at just one. We are expecting again in February. I'd like to think that holding little Austin, Jimmy & Michelle's new baby, had some influence on us. That brings me to our vacation. Last April, we made my first trip to Texas. I was truly amazed at the size of everything. I was very pleased with the chance to meet Andrew's family. I was nervous though, but you all made me feel so comfortable.

THANK YOU SO MUCH. I LOVE YOU ALL.

Hopefully when we move to Texas next June, we'll have a chance to get to know everyone better. I'm really looking forward to it. The only thing I regret is the fact of moving away and leaving behind my family. They too are wonderful people and I will truly miss them. I will also miss the water and the mountains which are very beautiful.

Tami Walker

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### WELCOME HOME-JASON & ALMA DORAN

On November 18, 1989, Frank Doran gave a reception at the DAC to welcome home his son, Jason, and new daughter-in-law, Alma. It was a sparkling get together and everyone enjoyed meeting Alma and giving Jason a hard time. Lots of family and friends were there and glad to have Jason and Alma back home. Jason had just returned from the Phillipines and brought his lovely bride with him. Jason will stay with the Marines, at least for a while, and he will be stationed in North Carolina. He was planning to go there and find a place to live in December, while Alma stayed with Addie Mae until he found a house. WELCOME BACK JASON--AND WELCOME TO THE FAMILY, ALMA!



Frank,  
Jason,  
Alma and  
Addie Mae  
Doran--  
At Welcome  
Home Party for  
Jason & Alma.

### FORMER TEXANS COLORADOANS NOW!

John and I really like Colorado. We haven't done any skiing, but we will in the very near future. Living at Fort Carson is really great too. This is our first time to live in quarters and it's better than any place we've ever looked at in the past. We're hoping to go to Germany in February of 1992, but you never know in the Army.



John is hoping to be transferred to a "real" unit in February. Right now he's driving a personnel carrier and doing small maintenance on it and his job is in communications. So, hopefully, in February he'll be doing what he's trained to do. And I'm still working at the bank. I guess I'll be here until our next "home" is established.

Our two "children" are doing fine, but they're into everything. Fred and Roth are our two beautiful, black cats. They are my babies and I had to mention them to everyone.

Ann and John Achenbach



Ann and John

They do like each other!

#### THE FABROS

Another year has gone by - very fast! Many changes have again occurred in our lives.

Chris will graduate from St. Ignatius in June. College applications are in Colorado to Massachusetts and Connecticut and some spots in between. He worked this summer as a counselor at a sports camp in northern Wisconsin and chalked up many memorable experiences.

Matt graduated from St. Clements in June and is now a freshman at St. Ignatius and is adjusting to high school very well.

Both boys bought a '69 BMW with their summer earnings and are learning (the hard way) what it's like to have the responsibility of owning a car.

Al has set up his own office in the loop, effective December 1. NO more daily drives to Naperville!!!

Al, Chris and Matt had their "men's vacation" to Cancun in June and I took my own vacation - a five day rafting trip in Colorado with Outward Bound. Great experiences!

I'm still DON at Whitehall, but we've had many changes there too, a new administrator and a lot of professional growth.

Who knows what the '90's will bring!!!!

Diane Fabro

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#### NEWS FROM CAMMIE!

My son Robert married Margaret Bowman from Birmingham, Alabama, on December 29--there in Birmingham. Rob is a graduate of the University of Illinois in aeronautical engineering but is currently a Lt. in the Navy--flying helicopters and stationed in Norfolk, Virginia. Kathy, my daughter, works for J. P. Morgan in New York and she and her husband, Matt Godreich, both have MBA's from the University of Chicago. Matt is in the municipal bond department of Pru Bache. For approximately the last 10 years, I have been in finances (title sounds terrific, but its no big deal) Senior Account Executive, with Waddell & Reed.

I would like everyone to know that "Len & Clara's" 2nd child is still around and grateful for the family we have left. Keeping the family together is "wonderful work."

Cam Marschall King

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I thought this issue would be a rather abbreviated one since there was so much going on with the Holidays, etc., but, boy, did you all surprise me! I got a lot of "stuff" from a lot of people! Aren't you all great!!

We got wonderful little notes from a lot of you



and want to let you know we really appreciated it:  
To all of you, GREETINGS FROM:

Marianna and Jim Van Gilder  
Katherine Wise  
Andy and Tami Walker  
Susan and Roger Lindsey  
Ann and John Achenbach  
Martin and Mary Malloy  
CC Parker, et al.  
Al and Diane Fabro  
Cam Marschall King  
Joan Matthews  
Susie and Ed Aki  
John and Rita Marschall  
Paul and Linda Lundquist  
Susan and Roger Lindsey

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#### WOMAN DOESN'T DO HOUSEWORK!!!

Well, the dishes need to be done, the laundry is sittin' in "there" waiting to be done, the dinner is on the stove cooking, the kids are asleep so to heck with it--I'm going to take time out to write while the kitten is crying to be let out of the girls' room and Man (our dalmation) is trying to figure out a way to get in there--anyway, we are doing fine and staying busy. All my children are here now with me--Liz has moved back in.

We are having a "perpetual party" I think--the children have their friends over or are working or doing something--somebody is usually always here.

We are expecting Jimmy December 21. [This was received before Christmas.] We will figure out some way to totally embarrass him at the airport when we go to pick him up. We have in the past brought a huge banner and unrolled it at the gate "Welcome Home." Another time we (his loving family) dressed alike--all in white shorts and tennis shoes and our "Navy" T-shirts. We got some looks--luckily Jimmy was trying to make friends with a cute girl on the plane and so when they landed and deboarded, she knew who Jimmy's family was! We are looking forward to a Christmas filled with lots of friends and family!

With this many people all in the same house and with a Mom like me (hates housework) I want to

take a minute to "tip my hat" to the people who make it all happen--Jaime and Julie. They wash dishes--clean the kitchen and sort out the laundry. Those things have to get done somehow--some way and those two are dynamite! Thank you girls!

John gets a big thank you too! He is helping me out with errands and supervision and always lets me know where he is. And Jack relieves a lot of worry for his Mommy by always being very conscious of letting me know when and where he is after school. By the way, Jack is in the Gifted Students Program--Reach--Jaime was nominated for it also in 5th grade, but she missed out because we moved at that time. Julie is working part-time at Target--she is a "doll." The guys are tripping over themselves trying to ask her out. She is also active in Student Council and Junior Achievement. She is a busy young lady.

My darling Liz is a prize too! She moved back in last weekend and she also has a very special boyfriend, Chris Wade. Liz and Jaime share a bedroom and bath and they rearranged their room and decorated it really nifty! Liz has a decorative "touch." She adds a creative, artistic touch to our lives here--very good!!

I've always thought of my children as flowers around me. Give them nourishment, proper rest, etc. and let them blossom around you at their own pace. Children are like flowers--you have to let them unfold at their own pace--keep consistent for them. They are all different too! That makes it more fun!

My other "children" Little Texas Star and Man are doing quite well and learning their stuff. I've got my horse trained now and ride him about four times a week.

That's about it--no trips planned--no adventures--just trying to stay "in the middle."

CC Parker

EDITOR'S NOTE: Since this was received from CC, Jimmy has returned to Annapolis and has placed on the Commander's List for great grades. Jimmy has also been nominated to be a Rhodes Scholar! Congratulations, Jimmy!!



## WHAT'S NEW IN THE AKI'S HOUSEHOLD?

Actually, nothing is new, but it has not been dull. Ed surprised me with a "10th" anniversary trip to Spain. We left the first of December--my first trip abroad--and I'm ready to go again! Don't let anyone tell you "it rains mainly on the plain in Spain!" It rained everyday, but it didn't slow us down.

The Spaniards remind me a lot of a newborn baby--they have their days and nights mixed up. We adjusted quickly and learned why those afternoon siestas taken by most businesses are so vital!! We had a wonderful taste of culture, history, art, people, and wonderful paella. We're ready to go again to continue on . . .

We were blessed to have all but our Hawaiian branch of the family home for the holidays. Wally had just returned from Egypt with the Special Forces and had the time off, so he and Jean left their little Kentucky farm for the big cities of Texas. Patrick came in from Houston. He spends his school days flying high. He should have soloed by press time. He's got the "flying bug." Susie left the sub-zero climate of Montana to be home for Christmas. She plans to go a semester at Richland here in Dallas now. She felt that we needed her at home for a while! Actually, it is nice to have her around. I just wish she would change THAT radio station and turn it down!! We had a glorious holiday time. Holidays are made for family.

Ed is forced to make a business trip to Hawaii this month! Poor thing! We called Sean to tell him Grandpa is coming to town!! I could be very envious, but I know I'll be on my way next month to be with Andy and Tami for the birth and baptism of our second grandchild. I felt they needed me!

Enough of this household--except, we would like to wish your household a wonderful New Year. JOY & PEACE.

Susie Aki

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## ALL TOGETHER NOW (MOSTLY)

On December 29 at the Aki home, some of the family met for a Ladies Only Luncheon. Great-grandmothers all the way down to great-granddaughters were in the group.

Linda Lundquist and daughter, Jennifer, came all the way from Edmond, Oklahoma, to join in. Cindy Cleaver and daughter, Melody came from a little Texas town (this writer cannot remember) and looked just great! Addie Mae Doran brought her lovely daughter-in-law, Alma. Alma and her husband, Jason, just moved from the Phillipines to No. Carolina. This is Alma's first time away from home. We hope she felt at home here and that our "loud" family didn't give her second thoughts!!

Margaret Griffin and Helen Lundquist both had four generations of women present. Isn't life and family great!!

Pam Wise was able to join Katherine Wise this year. It has always been impossible for Pam to get off work. We were glad she made it!

Debbie Hovitz and her two daughters were able to come. Chuck, her husband, has been very ill during all the holidays, but is on the road to recovery now. We can keep them in our prayers for thanksgiving and continued healing.

Cousins Kay Young and Susie Aki tried to catch up on all the years since last together--but we haven't changed--still look great--right, Kay? Kim Young is her beautiful daughter.

Marianna Van Gilder was in charge. She shaped us all up and took pictures.

Susie Walker and Jean Walker visiting from Kentucky kept asking "who's that," but realized it didn't take long and they knew all! This is not a shy family!.

Many family ladies were missed. Next year lets hope even more will get together. But for now those who did not come, we have included three salad recipes that were part of our pot luck salad bar. [These are in the recipe section of this Newsletter.]



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#### GREETINGS FROM THE WESTERN MARSCHALLS

We received a wonderful report from J.P. and Rita Marschall and family and will pass on to you the news from them.

RITA: I'm still teaching English as a second language at a local elementary school. Since the Hispanic population in this town doesn't seem to do anything but grow, I am not lacking for students. I'm still working on an M.A. and actually getting close to the end. God willing, I shall be done by this time next year. I think this will be my last and only advance degree. Coping with teenagers, middle age and teaching school is about as much as I can handle.

PETER: I'm a freshman at McQueen. I like it very much. My favorite subjects are math and drafting. One of my favorite things to do is sail. I sail at the Tahoe Yacht Club. Last year, we won our first race. As for learning how to sail I pretty much just teach myself. I watch sail trim videos and tactical videos on my VCR. I have many books that I read on the subject. I also have a sailing simulator which when playing it, is just like being there.

SARAH: I'm a 7th grader at Clayton Middle School. I like English, Science and my strings class. I've been doing a lot lately--going to parties and the mall and stuff. My brother Pete has been a bug lately. He tries to bother me by eating raw hamburger in front of me because he knows I'm a vegetarian. I've been getting involved in enviromental "things" like Greenpeace, and the Rainforest Foundation. Sorry I can't write more, but I hope you have a happy new 1990.

JOHN (J.P.): I'm proud to be Peter's first mate and helmsman. I'm also Sarah's whale watcher and proud of her tenacity and confidence with the violin. My administrative challenges have changed only in quality: every day has a new twist. I didn't teach this semester but hope to when life is less frantic. Playing squash racquets is fun and keeps fat to an inch-pinching minimum. I still puff on a pipe (away from family and other non-

smokers). Rita is very understanding and life is full of wonderful surprises.

John, Rita, Peter & Sarah Marschall



Peter and Sarah  
and friends.

#### RUMORS:

Have you heard Jean Baggett was abducted by aliens at her home in the outskirts of Boerne?? Yes, Jean was outside cleaning the pool and a bright light hovered above her and swished her up a beam of light. They (the aliens) didn't know what to make of Jean. From my sources, I understand they performed some kind of surgery on her and placed an implant in the back of her neck. They say she looks the same but acts "different" now. Weird! More on this later as I receive reports.

WHO'S having a baby?!??

WIDVND' IX 1990  
1300 W. OHIO  
CAROL MINTEN

## RECIPES

This is a recipe from SUSAN LINDSEY and she sends it with the "stipulation that anybody who makes it has to send Uncle Charles a loaf."

### ZUCCHINI BREAD

3 cups flour  
1-1/2 teaspoons ground cinnamon  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1 teaspoon salt  
3 eggs  
2 cups sugar  
1 cup cooking oil  
1 tablespoon vanilla  
2 cups grated, unpared zucchini

Sift together flour, cinnamon, baking powder, soda and salt. Beat eggs well. Gradually add sugar and oil to beaten eggs, mixing well. Add vanilla. Add dry ingredients, blend well. Stir in zucchini.

Pour into 2 greased 8-1/2 x 4-1/2 loaf pans. Bake at 350° for 1 hour or until done. Test with toothpick. Works great for muffins or smaller loaves. Just adjust the cooking time. Keeps well in the freezer after baked.

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The following three recipes are some which were brought to the Ladies Luncheon of the Dallas branch of the family on December 29, at Susie Aki's:

FROM MARGARET GRIFFITH:

### CHICKEN SALAD

2 cups cooked chicken breasts (diced)  
2 tablespoons lemon juice] sprinkle over  
1/2 teaspoon salt ] chicken  
1 cup celery  
1 cup seedless grapes (halved)  
2 hard boiled eggs  
1/2 cup mayonnaise  
1/4 cup slivered almonds (toasted)

Mix all ingredients. Chill overnight.

FROM KATHERINE WISE:

### PICKLED SQUASH

10 or 12 yellow squash-washed & sliced  
2 onions slice into rings  
1-3/4 cups sugar  
1 cup cider vinegar  
1 teaspoon mustard seed  
1 teaspoon celery seed

In large saucepan over heat mix last 4 ingredients and cook stirring until mixture comes to a boil. Add squash and onion rings and bring to boil again and cook for about 2 minutes. Cook, put into glass jar and put in refrigerator. Drain and serve cold.

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FROM KAY YOUNG:

### HEAVENLY HASH

2 egg yolks  
1/4 teaspoon dry mustard  
1/4 cup milk  
1/2 pound marshmallows  
Small can pineapple, drained  
3/4 seedless grapes  
1/2 pt. whipped cream with 5 tablespoons sugar

Heat egg yolks, mustard and milk over low heat stirring rapidly. Pour over marshmallows. Add pineapple, grapes and mix with whipped cream. Best if done overnight.

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OVER FOR MORE



The following is from **MARIANNA VAN GILDER** and is a Van Gilder traditional recipe. It is to be served with turkey, ham, game, or roast. It used to be a secret recipe from some famous restaurant in Michigan. Oh, well, so much for that. Hope you enjoy. Most of our family did not like it at first--now most are disappointed if we don't have it.

#### TOMATO PUDDING

1 10 oz can tomato puree  
1 cup brown sugar  
1/4 tsp. salt  
1 cup fresh diced bread  
1/2 cup melted butter  
1/4 cup boiling water

Add sugar and salt to puree and boil 5 min. Place bread squares in casserole and pour melted butter and water mixture over bread and combine puree mixture to same.

Bake 30 min. at 375°

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It's after the holidays--you ate all the marvelous desserts, candies, cookies-- "just a taste!"--and your waistline, hipline (whole body!) hasn't gone anywhere but out. In order to assist you with your New Year's resolutions to start the new decade "right" (thin, slim) we are printing the following diet, which is guaranteed to be one anyone can adhere to. It is also a stress diet and will help you in the day-to-day stressful situations we all get into.

#### STRESS DIET

##### BREAKFAST

1 grapefruit  
1 slice whole wheat toast, dry  
3 oz. skim milk

##### LUNCH

4 oz. lean broiled chicken breast  
1 cup steamed spinach  
1 cup herb tea  
1 Oreo cookie

#### MID AFTERNOON SNACK

Rest of Oreos in the bag  
2 pts. rocky-road ice cream  
1 jar hot fudge sauce  
Nuts, cherries & whipped cream

#### DINNER

2 loaves garlic bread with cheese  
Lg. sausage-mushroom & cheese pizza  
3 Milky Way candybars

#### LATE EVENING SNACK

Entire frozen cheesecake eaten directly from freezer

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#### RULES FOR THIS DIET

1. When you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the calories in the candy bar are cancelled out by the diet soda.
3. When you eat with someone else, calories don't count if you do not eat more than they do.
4. Foods used for medicinal purposes NEVER count, such as hot chocolate, toast and Sara Lee Cheesecake.
5. If you fatten up everyone around you, then you look thin.
6. Movie-related foods do not have additional calories because they are part of the entire entertainment package and are not part of your personal fuel. (Such as Milk Duds, buttered popcorn, Red-Hots and Tootsie Rolls)
7. Cookie pieces contain NO calories. The process of breaking it causes calorie leakage.
8. Things licked off knives and spoons have no calories if you do so in the process of preparing something. Examples: peanutbutter knife while making a sandwich and ice cream spoon while making a sundae.
9. Foods that have the same color have the same number of calories. Examples: spinach and pistachio ice cream, mushrooms and white chocolate. Note: Chocolate is a universal color and may be substituted for any other color.