

# Steel Magnolias

## Breast Cancer Support Group, Inc.

**It's Gonna Be Alright!**

**June 18, 2018**

**It's Gonna be alright  
Just on hold tight  
The ride may get rocky or rough  
But girl you are tough!  
Your friends, family and neighbors  
People like me  
A stranger**



**Are with you in this fight.**

**I am here to tell you**

**It's gonna be alright.**

**Receive this message**

**Written with this pen**

**Girl you're going to win!!**

**I'll say it again**

**Girl you're going to win!!**

**Keep your focus; your victory is in sight**

**It's just around the bend**

**One more time**

**You are going to WIN!!**

**Whenever you need this**

**You read and reread again**

**One more time**

**Your are going to WIN!!**

**Know girl, with all your might**

**It's gonna be alright.**

**Sharing love through support**

**Steel Magnolias  
P.O. Box 2208  
Anniston, AL 36202**

**Lenora Johnson, Founder  
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**Elaine Johns, President  
Margaret Taylor and Nancy  
Burnell, co Vice Presidents  
Brenda Parker, Secretary  
Chuck Trull, Treasurer  
Group Chaplains: Gloria Woosley  
& Sherry Grinstead  
RMC Chaplain, Jim Wilson  
Historian & Photographer  
Elizabeth McCabe**

**Pinks Boutique: For Appointment  
Call the Office @ 256-231-8827  
Physicians Center, STE 407  
901 Leighton Ave.  
Anniston, AL 36207  
www.steelmagnoliasinc.org**

**Like us on Facebook**

**By:  
Heather Bragg**

**Email any officer by typing  
Their—first name  
@steelmagnoliasinc.org**

# STEEL MAGNOLIAS MEN OF STEEL MEETING

MAY 22, 2018

President, Elaine Johns, called the meeting to order.

Minutes of the previous meeting were read. Motion by Steve Stephens and seconded by Della McNeal that minutes be accepted as read.

Chuck gave the Treasurer's Report for May with an opening balance of \$23,355.87 and ending balance of \$23,030.25.

Elaine talked about the Quad City Annual BBQ Fundraiser scheduled for June 9, 2018, from 10:00-3:00. Steel Magnolias will have a table at this function and all are invited to come and work. There will be excellent food and out-of-this world homemade ice cream.

Jimmy Taylor reported that he had received an additional \$500.00 donation from the golf tournament bringing the total profit to \$25,245.42.

Elaine suggested that we add the group's famous recipes to the newsletter. So, if you have a recipe you want to share, email it to Elaine and she will add to the newsletter.

Our guest speaker was Margaret Taylor. She shared with the group her 2005 breast cancer story. She has been cancer free for 13 years. She also blessed the group with a song, "You are Not Alone." IT WAS AWESOME and truly a blessing.

Sherry gave us a devotion about WORRY. Matthew 6:34 says "Take therefore no thought for the morrow; for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." She talked about all the things that worry could lead to, such as anxiety and illness. The body has a funny way of dealing with worry. We have no need to worry because God has a plan for each and every one of us. Therefore, we should put everything in God's Hands and leave it there.

Winners of the door prizes were Margie Smith, Connie Stephens, and Roger Ziemet.

Next meeting will be June 26<sup>th</sup>. No further business, motion was made by Martie Warren and seconded by Linda Barton that meeting be adjourned.

Submitted by:  
Brenda Parker, Secretary

I made an announcement at the meeting that we would be a part of the Sunny King Classic this year. I was contacted after the meeting and there was a conflict with charities and I elected to allow the other charity to be a part of the Sunny King Classic. They were asked by another member of the board before we were asked. We will look forward to next year and be better prepared for the event. It is a big event and it is also a big commitment.

Elaine Johns



## Birthdays and Survivor Years!

June 30<sup>th</sup> is Pokey Warren's birthday and he is a Man of Steel

July 7<sup>th</sup> is Nancy Burnell's birthday and she is 14 year survivor!

July 13<sup>th</sup> is Sherry Grinstead's birthday and she a 16 year survivor!

# Happy Birthday!

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## Upcoming Events

June 26<sup>th</sup> is our next meeting in the private dining room at RMC. We get there at 5 to socialize and the meeting starts promptly at 5:30. We will have some of our office workers sharing their stories from the pinks boutique. We will have Hamburgers and Hot Dogs with buns and condiments. Steel Magnolias, please bring side dishes and deserts. If you have never attended our meeting and want to come, please do! If you are not sure where to go, call the office @ 256-231-8827 on the 26th after lunch for directions. If you get close to the cafeteria you will hear us!

July 16<sup>th</sup> is the next mailing day for the newsletter. If you have something to go in the newsletter please send it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or mail it to Elaine Johns c/o Steel Magnolias, PO Box 2208, Anniston, AL 36202.

July 24<sup>th</sup> is the New Beginnings Banquet at Classic on Noble. The evening will start at 6 p.m. Dave Roberts will be our MC again this year. Our guest speaker will be Maryhelen Kirkpatrick from "The Well House" and their mission statement is:

"We exist to honor God by rescuing and providing opportunities for restoration to female victims of human trafficking who have been sexually exploited."

Our guest singer is Cassie Harris, Jimmy and Margaret Taylor's very talented daughter. Invitations go out this week. Please RSVP by July 16th. The meal will be free to active members. Friends and family will be \$30 each. Please make checks to Steel Magnolias and mail to Nancy Burnell c/o Steel Magnolias, PO Box 2208, Anniston, AL 36202.

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## Favorite Dish

At our last meeting we had a wonderful desert provided by Brenda and here is the recipe:

### Recipe for Orange Congealed Salad

1 large can crushed pineapple, drained

2 small boxes orange jello

1 large container cottage cheese

Mix together until jello is dissolved.

Fold in one large container of whipped topping

(I used Cool Whip)

2 cups of sweetened coconut

Garnish with mandarin oranges.

Let chill



## Letters of Love, Encouragement and Support

It was just a routine job physical. They wanted the required breathing test, the lung capacity test. Just normal, just routine. She tried it twice, couldn't pass it. So they took a chest x-ray. In just one week later she was having major surgery to remove a golf ball sized tumor on two of her ribs with a chest wall resection. Wham!! Suddenly, unexpected. Storm?, Trial? Or Test? Yes, it was happening and it was happening now, suddenly. Ten days total, five or six in ICU, can't quite remember, and just know it was around that amount of time. Doctor visit's the room, "We ran our test at our lab, we don't know what kind of tumor it is and if it is cancerous or benign. We will send it to a lab in Virginia and let you know the results when we get them back.

Here I am lying in a hospital bed pulled over, a pit stop in life. My mind is racing around, what ifs, how long, what to do, what now? I am young, why am I "going thru this?" Questions are exploding in my mind like bombs and missiles. Time ticks away...tears and fears. Then a whisper "peace". Then like thunder "PEACE"! Then a third time "PEACE"! The voice was unmistakable, it was the one I know and heard the voice of the Lord my God. I knew then regardless of the outcome it was going to be all right. I heard lots of people were praying for me and sending me cards of support that I read when I was recovering. It helped to know that people cared and that they are thinking of me.

The result came back from Virginia. A very rare but benign bone tumor. Joy!! Happiness!! A new found thankfulness and appreciation of life. Battle-yes-you better believe it. Scar they are called, I call them my "Battle Scars". A good six inch half smile a little west of my right breast and a chest tube marks the spot. For they are lines and they do tell a story. Victory. Over comer.

Fast forward a few years later. Read an article about an organization called Girls Love Mail based out of California. They were looking for letter writers to encourage, bringing hope and comfort to women newly diagnosed with breast cancer. I was instantly drawn to write letters and send some of my poetry to bring some happiness hope and cheer to the ladies and let them know they can have peace. That they are not alone that someone cares and is thinking about them, praying for them and believing for their total healing. One of my many letters written was chosen for their new book "Dear Friend-Letters of Love, Encouragement and Support for Women Newly Diagnosed with Breast Cancer". I was happy and blessed when they told me one of my letters was chosen. I pray it will help someone during their dark time. I look forward to volunteering and helping the Steel Magnolias on my local level in the various ways that I can. Interest in writing and sharing your story? Go to [www.GirlsLoveMail.com](http://www.GirlsLoveMail.com) to learn more.

Submitted by:  
Heather Bragg



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### "Thought for the day."



"Every day is a fresh beginning: Listen my soul, to the glad refrain. In spite of old sorrow and older sinning, and puzzles forecasted and possible pain, Take heart with the day, and begin again.

"This is the day the Lord has made, we will rejoice and be glad in it."  
Psalm 118: 24

Submitted by: Lenora Johnson, Founder of Steel Magnolias

## **Joggin' Inside**

### **Shopping with Ellen**

A man observed a woman in the grocery store with a three year old girl in her basket. As they passed the cookie section, the child asked for cookies and her mother told her "no." The little girl immediately began to whine and fuss, and the mother said quietly, "Now Ellen, we just have half of the aisles left to go through; don't be upset. It won't be long."

He passed the Mother again in the candy aisle. Of course, the little girl began to shout for candy. When she was told she couldn't have any, she began to cry. The mother said, "There, there, Ellen, don't cry. Only two more aisles to go, and then we'll be checking out."

The man again happened to be behind the pair at the check-out, where the little girl immediately began to clamor for gum and burst into a terrible tantrum upon discovering there would be no gum purchased today. The mother patiently said, "Ellen, we'll be through this checkout stand in five minutes, and then you can go home and have a nice nap."

The man followed them out to the parking lot and stopped the woman to compliment her. "I couldn't help noticing how patient you were with little Ellen..." The mother broke in, "My little girl's name is Tammy... I'm Ellen."

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### **The Creation of Life**

On the very first day, God created the cow. He said to the cow, "Today I have created you! As a cow, you must go to the field with the farmer all day long. You will work all day under the sun! I will give you a life span of 50 years."

The cow objected, "What? This kind of a tough life you want me to live for 50 years? Let me have 20 years, and the 30 years I'll give back to you." So God agreed.

On the second day, God created the dog. God said to the dog, "You are supposed to do is to sit all day by the door of your house. Any people that come in, you will have to bark at them! I'll give a life span of 20 years."

The dog objected, "What? All day long to sit by the door? No way! I give you back my other 10 years of life!" So God agreed.

On the third day, God created the monkey. He said to the monkey, "Monkeys have to entertain people. You've got to make them laugh and do monkey tricks. I'll give you 20 years life span."

The monkey objected. "What? Make them laugh? Do monkey faces and tricks? Ten years will do, and the other 10 years I'll give you back." So God agreed.

On the fourth day, God created man and said to him, "Your job is to sleep, eat, and play. You will enjoy very much in your life. All you need to do is to enjoy and do nothing. This kind of life, I'll give you a 20 year life span."

The man objected. "What? Such a good life! Eat, play, sleep, do nothing? Enjoy the best and you expect me to live only for 20 years? No way, man! ... Why don't we make a deal? Since the cow gave you back 30 years, and the dog gave you back 10 years and the monkey gave you back 10 years, I will take them from you! That makes my life span 70 years, right?" So God agreed.

And that is why ... In our first 20 years, we eat, sleep, play, enjoy the best and do nothing much. For the next 30 years, we work all day long, suffer and get to support the family. For the next 10 years, we entertain our grandchildren by making monkey faces and monkey tricks. And for the last 10 years, we stay at home, sit by the front door and bark at people!

Submitted by:

Rhonda from Gainesville GA

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## Services Offered By Steel Magnolias Breast Cancer Support Group, Inc.

### 1. Group Meetings

Steel Magnolias meet on the 4th Tuesday of each month at 5:00 p.m. in the 1st Floor Private Dining Room of RMC.

### 2. Steel Magnolias' Office

Our office is located in suite 407 of the Physicians Center in Anniston. Currently our office is staffed (part time) by Steel Magnolias volunteers Monday through Friday, 11:00 am - 4:00 pm. Every effort is made to have someone in the office when our staff is sick or on vacation. Phone (256) 231-8827

### 3. PINKS Boutique

Located in the Physicians' Center across from the Steel Magnolias Office, we are stocked with Mastectomy Bras, Breast Prosthesis, Wigs, Hats and Scarves. These items are of no cost to cancer patients.

### 4. Care Packages

Steel Magnolias provide a comfort package including inspirational and educational materials to breast cancer patients the day of surgery at Regional Medical Center. Packages are mailed or taken to newly diagnosed patients who do not receive them on day of surgery.

### 5. Dining Vouchers

Dining vouchers are provided for two family members of any patient, in surgery, at Regional Medical Center. Each provides a meal in the hospital cafeteria.

### 6. Snacks

Steel Magnolias provide the following: (1) snacks in Anniston Oncology chemo treatment room - Suite 602 Physician Center (2) chemo treatment room on the 4th floor of RMC and (3) the Radiation / Oncology Center on 2nd Floor of RMC.

### 7. Breast Cancer Awareness Program

Available to girls in grades 7-12, this program is taught in the school by a trained volunteer under the supervision of a Registered Nurse. Anyone interested in having our program presented, contact our office.

### 8. Speakers Bureau

Speakers are available to civic clubs and churches. To schedule, contact our office.

### 9. Steel Magnolias Newsletter

Our monthly newsletter is an informative and inspirational publication about upcoming events, meetings and activities. Also included is a joke page and current information regarding cancer testing and treatments.

### 10. Web-Site

[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org) is a great source of information and inspiration. Also,  Find us on: facebook.

### 11. Men of Steel

Group of men (husbands, friends or family) of breast cancer patients or survivors and for men who themselves are breast cancer survivors. Meetings are held jointly with Steel Magnolias (see Group Meetings #1). Contact Jimmy Taylor (256-463-4313) or email [tjimmeg63@aol.com](mailto:tjimmeg63@aol.com) for additional information.

### 12. Prayer

We are praying for you with love and blessings.

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## WAYS YOU CAN HELP

### 1. VOLUNTEER YOUR TIME

- attend our meetings and get involved with us
- volunteer for office work or Pinks Boutique
- help with our fund raisers (2 per year)
  - a. Bake and jewelry sale (annually the Saturday before Easter at Quintard Mall)
  - b. Golf Tournament at Pine Hill Golf Course (in the spring each year). Numerous opportunities to serve.

2. CONTRIBUTE - contributions are tax deductible (a 501(c)3 tax exempt organization) and can be made to: Steel Magnolias, P.O. Box 2208, Anniston, AL 36202. ALL contributions are used to provide services to breast cancer patients who reach out to us.

3. DONATE UNUSED JEWELRY (new, vintage or broken) - it is cleaned, repaired and resold at our events. Drop off at the following: Steel Magnolia Office, Cotton Antiques, 508 Main Street, Oxford or call Marti Warren 256-237-0206.

### 4. PRAY FOR OUR MINISTRY

# HE IS

M	E	D	I	A	T	O	R	R	S	M	I	F	S
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C	O	H	R	R	I	W	D	E	R	S	V	A	M
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ADVOCATE	GIVER	LORD	REDEEMER
ALPHA	GRACE	LOVE	SAVIOR
ARMS	HEALER	MEDIATOR	SHEPHERD
BREATH	HE IS	MERCY	SHIELD
COURAGE	I AM	MESSIAH	SON OF MAN
DOVE	KING	OMEGA	STRENGTH
FAITHFUL	LAMB OF GOD	POWER	TRINITY
FIRE	LIFE	PRINCE OF PEACE	TRUTH