

Steel Magnolias

Breast Cancer Support Group, Inc.

Another Year of Covid-19

March 2022

The past 2 years have been trying for our support group and groups to say the least. We had problems meeting because of shutdowns, Covid restrictions and fear of Covid. One thing I do know is that cancer doesn't see or fear any of these and we have to find a way around Covid.



Our group hasn't met but a few times in the past 2 years and Covid has interrupted the daily operations of our Pinks Boutique. We did find a way to have our golf tournament and we participated in Oxfordfest in both 2020 and 2021. It has been a challenging 2 years. We have had so many disruptions in our daily lives. It is time to get back to doing things and get back into our routines.

Sharing love through support

This is the first newsletter in over a year and even though we were not meeting, there still were articles we could have shared, birthdays, jokes and puzzles that needed to be worked. I should have realized this during Covid, I guess I was caught up in it too. If you would like to receive the newsletters by email or if you prefer it be mailed to you, please send your address to elaine@steelmagnoliasinc.org or Steel Magnolias PO Box 2208 Anniston, AL 36202. If you have had a change of address or your email has changed, please send it to the same address. If you no longer wish to receive it, please let us know also.

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Historian & Photographer
Elizabeth McCabe

Pinks Boutique: For Appointment
Please call the Office @
256-231-8827
Physicians Center, STE 407
901 Leighton Ave.
Anniston, AL 36207

www.steelmagnoliasinc.org

Like us on Facebook

We will have our golf tournament this year again at Pine Hill and we have started our meetings again. Our meetings are the 4th Tuesday of every month in the private dining room at RMC except for July, November and December. Please come and join us, we would love for you to get involved with us. You can volunteer if you are a survivor or not, we need help with fresh ideas for fundraising and finding ways to help cancer patients. Let's make things happen!

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

STEEL MAGNOLIAS/MEN OF STEEL MEETING
FEBRUARY 22, 2022

Meeting was called to order by our President, Elaine Johns.

We then feasted on a meal of chicken fingers, cream potatoes, and various other dishes provided by members.

Our guest speaker for the night was Robi Mobley, Executive Director of HEARTS of Cleburne. Steel Magnolias/Men of Steel provide financial support to this organization. HEARTS provide the following services for Cleburne, Calhoun, and Randolph counties:

- Cancer relief services – providing nutritional supplements, medical equipment, and incontinence supplies.
- Christmas Clearinghouse – for families with children under the age of seventeen needing help with gifts.
- Back to school program – for children starting back to school.
- Grandma’s Heart – connects the wisdom, skills, and talents of older women as family coaches to guide young struggling families and help their babies thrive.
- Cotton Lee White Memorial Stork Program – provides car seats, cribs and other baby items for first-time moms.

She stated that about one third of their clients come from Calhoun County. Please visit their website at www.heartsofcleburne.com.

Minutes of the previous meeting were read, and Margaret made a motion and Nancy seconded to approve minutes as read.

Chuck gave the financial report:

February beginning balance	\$28,704.59
February ending balance	\$27,754.33

Elaine asked Cheryl Chapman if she would serve as our photographer while is Elizabeth out of town.

McClellan update – Elaine and I met with Ashley Cobb at the Cancer Center at McClellan. They have agreed to let us set up a display in their lobby.

Jimmy gave us an update on the golf tournament. It will be May 14th, with shotgun start at 8:00 Pine Hill Golf Course. First committee meeting will be Thursday, March 3d at 5:00 in the Chaplain’s office. Everyone was given a flyer and encouraged to get at least one sponsor.

Motion was made to purchase the wood necessary to build a ramp for Joyce Guldin. Motion carried.

Next meeting will be Mar 22nd. No further business, motion made by Shirley and seconded by Cheryl that meeting be adjourned.

Respectively submitted,
Brenda Parker, Secretary



Up Coming Events

March 22: Steel Magnolias will meet at 5pm in the private dining room at RMC. RMC will provide baked sweet potatoes and baked Irish potatoes; Steel Magnolias please bring side dishes and desserts. We are working on having a speaker, but we have not received conformation yet. If you are reading this and have never attended one of our meetings, please come and bring a friend. We would love to have you. If you are not sure where the meeting will be held, call our office at 256-231-8827 M-F from 11am until 4pm for directions.

If there is something you would like to hear about in our meetings or a speaker that you think would benefit our group, please contact Margaret, Nancy or Elaine. We are looking for ideas.

March 17: Golf Committee meeting at 5pm in the Chaplin's office.

April 18: Newsletter mailing day

May 14: Lea Fite Golf Tournament at Pine Hill. 8 AM Shot Gun Start.

Birthdays and Anniversary

March 15th is Cheryl Chapman's birthday; she is a volunteer.

April 7th is Gloria Woosley's birthday, she is a 19/11-year survivor!

April 15th is Ina Rooks' birthday; she is a 19-year survivor!

April 19th is Barbra Trull's birthday; she is a 22-year survivor!

Cancer Tips

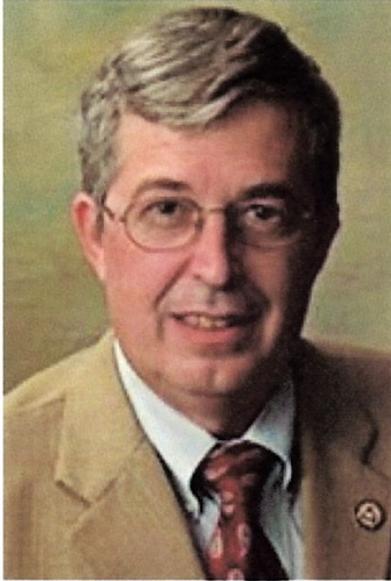
In talking within our group one of our members knew a young lady in her town that had breast cancer and the doctors told her they couldn't do anything else to stop the cancer. She started doing her own research and found that if your pH was below 7.6 that your body was acidic and cancer cells thrived in an acidic body. She started drinking almond milk and spinach smoothies to get her pH level up. Her cancer went in remission or went away. She was not diligent in keeping a pH level of 7.6 and her cancer came back. She went back to drinking the smoothies and is doing good again. Our member shared this with another breast cancer patient that was taking treatments at The Cancer Treatment Centers of America. She started drinking the smoothies to get her pH up and her cancer went away or in remission. This may not work for everyone. I did some research on pH levels and cancer and came to a website cancerfightingstrategies.com that states Acidic pH levels can lead to cancer and in normalizing pH levels it can stop cancer. It is in alkalizing the body that cancer cannot survive. The Mayo Clinic website has information on meals and food choices to raise your pH levels.

We always recommend doing your own research, but we like to share information that others have shared with us.

If you have any tips that have worked for you please share them with us. You can email to elaine@steelmagnoliasinc.org or mail to Steel Magnolias Attn: Elaine, PO Box 2208 Anniston, AL 36202.

Tributes For Our Own

In our next newsletter I will have tributes for our Steel Magnolias and Men of Steel that we have lost in the past year. We have lost Marti Warren, Carrol Chitwood, Teresa Talley and Joe McNeal. If you have anything special you would like to see or for others to know about any of the people we lost, please get with me. There are so many things we don't know about each other and the great things that have gone on in their lives that need to be shared for others to know!



See it High, Let it Fly
Support the Girls

May 14, 2022

**LEA FITE
MEMORIAL GOLF
TOURNAMENT**

3 PERSON - SCRAMBLE.

\$65 PER PLAYER/ \$195 PER TEAM

if paid by May 1st.

- \$75 PER PLAYER/ \$225 PER TEAM.
 - Day of Tournament



13th ANNUAL

**LEA FITE
MEMORIAL GOLF
TOURNAMENT**

**BENEFITS: STEEL
MAGNOLIAS
BREAST CANCER
SUPPORT GROUP, INC.**

**PRESENTED BY:
MEN OF STEEL**

**Lunch Provided
8:00 a.m. SHOTGUN
START**

Pine Hill Golf Course

Con

CONTACT:
JIMMY TAYLOR
81 Amy Court
Helfin, Al. 36264

tjimmeg63@aol.com

256-201-3218

**STEEL MAGNOLIAS
13TH ANNUAL**

LEA FITE MEMORIAL GOLF TOURNAMENT

HOSTED BY: Men of Steel

SPONSORED BY: Food Outlet

BENEFITING

STEEL MAGNOLIAS BREAST CANCER SUPPORT GROUP, INC.

May 14th, 2022 at Pine Hill Golf Course

SPONSORSHIP OPPORTUNITIES:

Hole: \$100 Bronze: \$250 Silver: \$500 Gold: \$750 Platinum: \$1000
PINK: \$1250 AND UP

CONTACT NAME: _____

NAME OF BUSINESS: _____

ADDRESS: _____

PHONE NUMBER: _____

E-MAIL: _____

Mail this document with your check for your selected sponsorship to:

Jimmy Taylor
81 Amy Court
Heflin, Al. 36264
E-mail: tjimmeg63@aol.com

Phone: 256-201-3218

TEE IT HIGH, LET IT FLY SUPPORT THE GIRLS!

13th ANNUAL

MAY 14th, 2022----Pine Hill Golf Course

FORMAT: 3 Man Scramble----Cost is \$65/Player or \$195/Team if paid by May 1st
Cost is \$75/Player or \$225/team if paid after the 1st or on day of tournament. Entry fee includes 2 mulligans and 1 skirt

START TIME: 8:00 a.m.---- Shotgun Start
Lunch will be provided following play

Player No. 1 Name _____
Address _____
Phone No. and E-mail _____

Player No. 2 Name _____
Address _____
Phone No. and E-mail _____

Player No. 3 Name _____
Address _____
Phone No. and E-mail _____

PRIZES BASED ON FULL FIELD!!!

1st Flight
1st Place Team: Paid Entry to
Sunny King Classic
2nd Place Team: \$300

2nd Flight
1st Place Team: Paid
Entry to Sunny King Classic
2nd Place Team: \$210

Checks should be made payable to **Steel Magnolias Inc.** and mailed to:

Jimmy Taylor
81 Amy Court
Heflin, Al. 36264.

Cell: 256-201-3218
Email: tjimmeg63@aol.com

Joggin Inside

Parents

A mother was getting her children off to school. A man asked her, "If you had to do it again, would you have children?" "Of course," she said. He said, "You would?" "Certainly," she replied, "but not the same ones."

Loving Husband

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off, he asked what she'd like as a gift. "I'd like to be eight again," she replied, still looking in the mirror.

On the morning of her birthday, he rose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was. Five hours later they staggered out of the theme park. Her head was reeling, and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake.

Then it was off to a movie, with popcorn, a soda pop, and her favorite candy, M&Ms. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed, exhausted.

He leaned over his wife with a big smile and lovingly asked, "Well dear, what was it like being eight again?"

Her eyes slowly opened and her expression suddenly changed.

"I meant my dress size, you idiot!!!!"

The moral of the story: Even when a man is listening, he is going get it wrong.

God Knows

A man was riding his Harley along a California highway, when suddenly the sky cleared above his head and in a booming voice, the Lord said: 'Because you have tried to be faithful to me in all ways, I will grant you one wish.'

The biker pulled over and said, 'Build a bridge to Hawaii so I can ride over anytime I want.'

The Lord said, 'Your request is materialistic. Think of the enormous challenges for that kind of undertaking; the supports required reaching the bottom of the Pacific, and the concrete and steel it would take!

It will nearly exhaust several natural resources. I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help mankind.'

The biker thought about it for a long time. Finally, he said, 'Lord, I wish that I and all men could understand women; I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, why she snaps and complains when I try to help, and how I can make a woman truly happy.' The Lord paused for a moment.....Then the Lord replied,

'You want two lanes or four lanes on that bridge?'

Playing with a Pro

Moses, Jesus, and an old man are playing golf. Moses goes first and hits the ball into a pond. So he goes up, parts the water, walks down in the gap, and hits the ball onto the green. Jesus hits his ball and it bounces on the pond, so he walks out on the water and hits it back on the green. The old man hits the ball, bounces it off a few trees, and the ball rolls over to the edge of the pond. Then, the ball gets eaten by a frog. Then the frog gets snatched by a hawk, and the hawk flies over the green. The frog spits the ball out, and it rolls into the cup. Moses looks at Jesus, and says, "I hate playing golf with your dad."

NEW YEAR, NEW BEGINNINGS

L S R O L V O C R E A N G R
 E T A E R C H O P W E N E G
 F A A E F A M F R K N C I B
 O R B Y N O I T A V O N N I
 N T E G S R R W Y V V O F M
 B A E S S T A M E G E I O R
 R A O T H F O R R P L T R O
 I L P G N I N R O M T U M F
 B B M T H G M H W A Y L C S
 S E I T I L I B I S S O P N
 P G R B E S T I R F E S J A
 A I E E S I M P R O V E U R
 B N E T A N E V U J E R D T
 E G A G N E P R O G R E S S

AWAKEN	ENGAGE	LEARN	REFORM
BAPTISM	FIRST	MORNING	REJUVENATE
BEGIN	FRESH	NEW	RESOLUTION
BESTIR	GIFT	NOVELTY	SEED
BIRTH	HOPE	PRAYER	START
BLOSSOM	IMPROVE	POSSIBILITIES	TRANSFORM
CHANGE	INFORM	PROGRESS	YEAR
CREATE	INNOVATION	RECOVER	