

Steel Magnolias

Breast Cancer Support Group, Inc.

Summer and The Sun

April & May, 2023

It is that time of year again, going to the beach or getting outside and enjoying life! One thing we all need to remember is to protect ourselves from the sun. We've all been there, having fun and we forget to put on the sunscreen. The next thing you know is when you get in the shower and realize you can't stand the water hitting you or your clothes are irritating your skin. Ugh! We are sunburnt! Not only does it hurt, it causes damage to your skin.

The leading cause of skin cancers are caused from exposure to Ultraviolet rays in sunlight or tanning beds. Basal Cell Carcinoma is a common skin cancer that starts in the outer layer of skin and it is slow growing and rarely spreads. The chances increase with multiple sunburns, being fair complexed, being over 40 years old and having other skin cancers or radiation treatments. Some of the signs of Basal Cell are red, scaly patches, shiny, waxy, pale or pink bumps or open sores that bleed and do not heal. Another form of skin cancer is Squamous Cell Carcinoma. Squamous Cell cancers are most common in skin that has a lot of exposure to the sun. They are also found in your organs, respiratory tract and digestive tract. Some of the signs of Squamous Cell are a sore that will not heal, small red or scaly bump that crust over, skin that itches, bleeds easily or is painful. It can also show up with a sore or hoarse voice or pain when you swallow. There is also Melanoma. It is a type of skin cancer that can form in the skin, eyes, nose or throat. It forms in cell called melanin that make skin color. To identify a Melanoma mole just look at it and if its edges are not smooth, it is larger than a pencil eraser, it changes in appearance and if you could draw a line through the middle of it, the halves would not be equal. The moles can be Blue, black, brown or red in color.

Protect yourself when you get out in the sun. Always use sunscreen with at least a SPF of 15 or higher and reapply after you swim or sweat. Wear a wide brim hat and long sleeves if you will be out in the sun for long periods of time. Have a plan by setting one day a month to look at your body for changes in your skin. Ask family to help you with looking at your back and the back of your arms and legs. Don't forget your ears! Enjoy your summer fun and protect yourself and your loved ones!

Information from hand out at our last meeting.

Provided by Cindy Justice



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STEEL MAGNOLIAS/MEN OF STEEL MEETING MARCH 28, 2023

Meeting was called to order by our President, Elaine. We had 21 in attendance.

Minutes of the previous meeting were read and motion made by Margaret and seconded by Eddie that minutes be accepted as read.

Treasurer's Report was given with beginning balance for February of \$30,919.48 and ending balance of \$30,225.98.

Elaine brought us up to date on the health of Connie and advised that we would have to pick up the slack from the absence of her and Steve. Prayers were offered on her behalf.

Jimmy gave an update on the golf tournament: we have 87 sponsors, 10 teams, with a total of \$18,925.00. Some critical dates were discussed: April 18th pack golfer bags; April 21st, clean up and set up at golf course 6:00 PM; April 22nd, meet at golf course at 6:00 AM (Eddie is bringing biscuits and doughnuts); shotgun start at 8:00 AM. He encouraged us to get those sponsors and door prizes in.

Jenny gave the devotion about being diligent for the Lord. She reminded us that God doesn't speak in a mighty wind, but in a still small voice. 1 Kings 19: "11 And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: 12 And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice." If we be still and listen to that whisper, we will have joy, light, feel the presence of God, which will give us peace and rest.

Nancy Burnell went over our prayer list and Sherrie prayed for those on the list.

No further business, motion made by Cheryl and seconded by Vicky that meeting be adjourned.

**Respectively submitted
Brenda Parker, Secretary**

**Steel Magnolias Breast Cancer Support Group And
Men of Steel Monthly Meeting April 25th**

Meeting was called to order by President, Elaine Johns.

We had 19 in attendance with 2 of them were visitors, Cynthia and Robin. We had several out with sickness and we added them to our prayer list. We enjoyed Spaghetti provided by the Chaplain's office.

Cindy Justice was our speaker for the meeting. She had a handout on Basal Cell Carcinoma, Squamous Cell Carcinoma and Melanoma. She has been dealing with some basal cell and wanted to share information about what to look for and to make sure we all understood to check our bodies and the bodies of our significant others. She said it was a good idea to take pictures and compare them from month to month. This way you could note changes in size and appearance and know when you needed to have something looked at. Check your body, don't procrastinate! More information in this newsletter.

**Steel Magnolias Breast Cancer Support Group And
Men of Steel Monthly Meeting April 25^c
Continued**

Margaret Taylor read the minutes from our last meeting in absence of Secretary, Brenda Parker. A motion to accept the minutes as read was made by Janet and seconded by Della.

Chuck gave our treasurer report with the following beginning and ending balances:

	Beginning Balance	Ending Balance
March	\$30,919.48	\$30,265.97
April	\$30,265.97	\$28,808.89

This included \$65 in donations for the two months.

Margaret and Jimmy gave a report on the Lea Fite Golf Tournament and as of 4/24/2023. We have made \$31,680 with 148 sponsors and 23 teams.

Sherry talked to us about being a thermostat or a thermometer. She asked us if we set the way we live like we would set a thermostat or do we go with the way of the world like a thermometer up and down depending on the temperature? This is a decision we make daily on how we will live our lives. If we learn how to live from following God's word then we would have no problem setting our thermostat. If we get away from God's word, we tend to go with the crowd we are with and our lives are up and down like the temperature is on a thermometer. Be a thermostat and let Jesus shine through your life!

Sherry went over our prayer list and prayed for all that were on it.

No further business, motion was made by Steve to adjourn the meeting and Linda made the second.

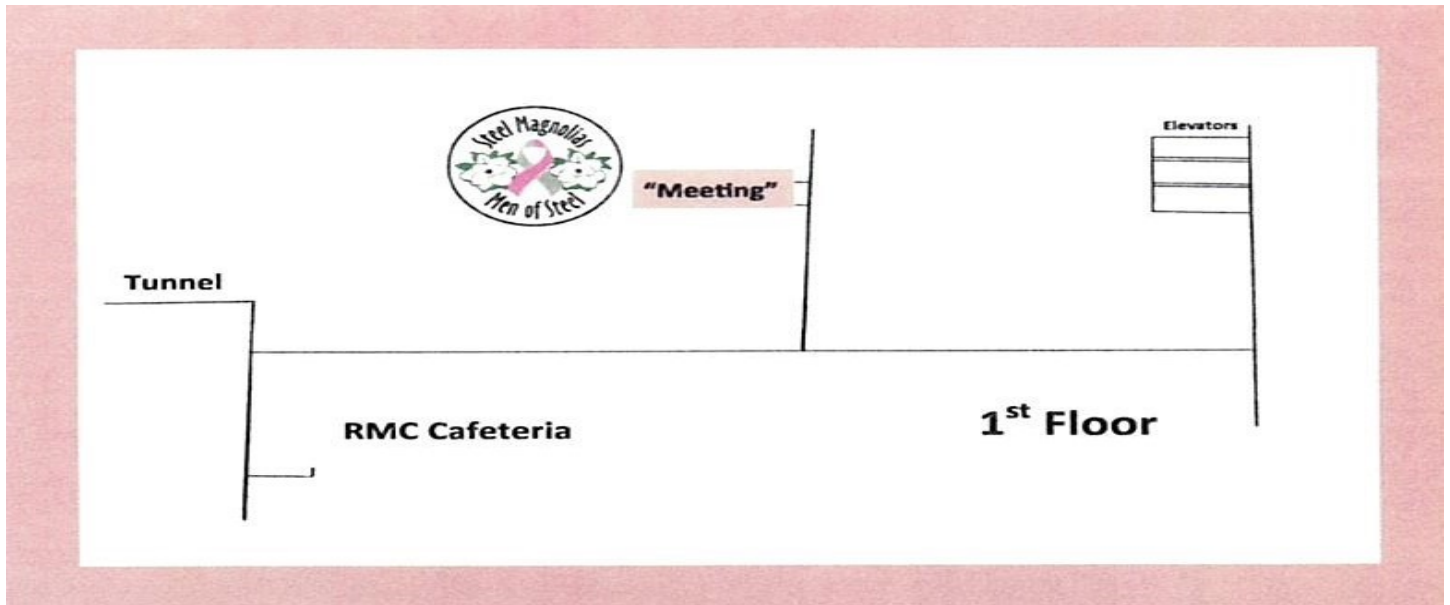
**Submitted by:
Elaine Johns**

Birthdays and Anniversaries

April 24th is Brenda Parker's birthday and she is a volunteer!
April 25th is Shirley Forbus' birthday and she is a volunteer!
April 30th is Marilyn Lawson's birthday and she is a 21-year survivor!
May 4th is Margie Smith's birthday and she is a volunteer!
May 23rd is Nancy Buchman's birthday and she is a 10-year survivor!
May 24th is Shirley Barger's birthday and she is a volunteer!
May 30th is Chuck Trull's birthday and he is a Man Of Steel!

Up Coming Events

May 23th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have baked Irish and Sweet potatoes; Steel Magnolias please bring side dishes and desserts. Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come but is not quite sure how to get there.



June 19th will be our next newsletter mailing day. If you have anything for the newsletter please send it to elaine@steelmagnoliasinc.org or mail it to our office at PO Box 2208 by June 15th.

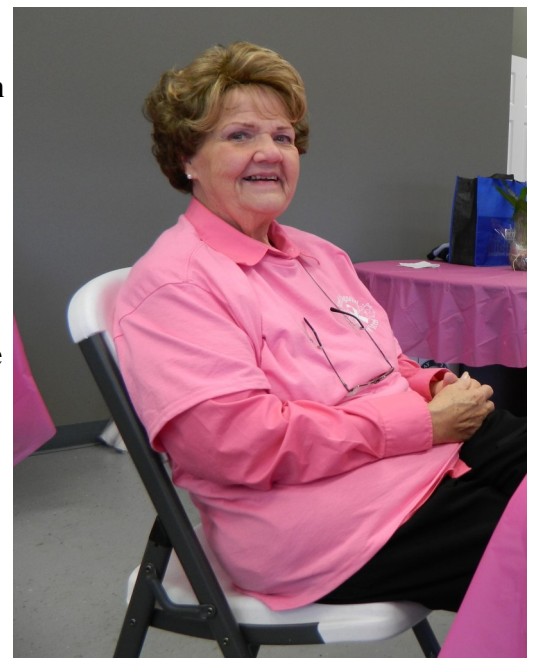
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Marilyn McLendon Lawson 4/30/1947 – 4/30/2023

Marilyn Lawson left this world on her birthday. She went to bed on the night before and woke up in heaven! If only all of us could go home the same way. Marilyn was part of the founding members of the Steel Magnolias and has been a member since. She was also known as the “Cookie Lady.”

Marilyn helped us with the golf tournament on the 22nd, came to our meeting on the 25th and worked the Chaplain’s office on the 27th. She never stopped. One thing I want others to know is that she was a 21-year cancer survivor and cancer did not cause her death!

There was a celebration of Life for Marilyn on May 6th at Silver Chapel at Ft. McClellan. Let me tell you that it was a packed house and it was truly a celebration. Many people got up to speak about Marilyn and it was amazing. Marilyn touched many lives and was also involved in their lives. It was such an uplifting worship service.



Result from the Lea Fite Golf Tournament are in!

What a beautiful day to have a golf tournament. A nice breeze in the air and birds chirping in the trees, no other place to be but at Pine Hill Country Club for the 14th Annual Lea Fite Golf Tournament. This event is put on every year by the Men of Steel to raise money to support the services of the Steel Magnolia Breast Cancer Support Group. There were 23, 3 men teams that played in the tournament, we were down a few teams due to it being race weekend at Talladega and the A-Day game at Tuscaloosa. We had a couple of raffles that we sold tickets on, a Solo Stove and a Power Drill and Tool Set.

Chick-fil-A provided us Chick-fil-A sandwiches and Chicken Salad Chick provided their delicious cookies for dessert. Piggly Wiggly furnished the refreshments. We could not have this tournament if it was not for our faithful support from the community. We want to thank everyone who supported us this year that made this tournament our most successful one yet!

Our winners of the first-place prizes in both flights for the entry certificates to the Sunny King Classic are:

1st flight 1st place

George Salmon
Jason Johnson
Jeremy McGatha

2nd flight 1st place

Barry Britt
Bruce Collins
Cecil Martin

1st flight 2nd place \$300

Don Maddox
Jonathan Pate
Clay Calkins

2nd flight 2nd place \$210

Brady Turner
Jason Askew
Rick Thomas

C-T-P #3 Jonathan Pate
C-T-P #16 Shane Bivins
LD #16 Ron McClellan

Solo Stove winner Eric Trull
Drill and tools winner Cynthia McGinnis



“Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday of every month except July, November and December.**
- **“Pinks Boutique” stocked with mastectomy bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients.**
- **Care packages for newly diagnosed breast cancer patients**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria.**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room.**
- **Breast Cancer Awareness Program is 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.**
- **Speakers Bureau: speakers available to civic clubs and churches.**
- **Newsletter, we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle.**
- **Website: www.steelmagnoliasinc.org and like us on fb**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors.**
- **Prayer Ministry**

Ways You Can Help

- **Volunteer**
- **Attend our meetings and get involved with us**
- **Volunteer to work in our office and help with our fundraising events**
- **Contribute: all contributions are tax deductible, we are a 501c3 tax exempt organization. Donations can be mailed to Steel Magnolia Breast Cancer Support Group, PO Box 2208 Anniston, Al 36202. All Contribution are used to provide services to breast cancer patients who reach out to us.**
- **Pray for our ministry.**

Joggin' Inside

A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car. His father said he'd make a deal with his son, "You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut. Then we'll talk about the car." The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."

The boy said, "You know, Dad, I've been thinking about that and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair." (You're going to love the Dad's reply!) "Did you also notice they all walked everywhere they went..?"

Things I'm Super Good At

1. Forgetting someone's name 10 seconds after they tell me.
2. Buying produce...and throwing it away two weeks later.
3. Digging through the trash for the food box I just tossed, because I already forgot the directions. 🤔
4. Making plans. And then immediately regretting making plans.
5. Leaving laundry in the dryer until it wrinkles. Then turning on the dryer to dewrinkle. Then forgetting it again.
6. Calculating how much sleep I'll get if I can just "fall asleep right now".

A man ran home from work, pulled his wife into the bedroom, threw her on the bed, and pulled the blankets over them. She was shocked- he hadn't been like this for 20 years. Then her husband said: "Look! My new watch glows in the dark" 🕒

Just Saying

Yes, I'm fully aware that the gynecologist is about to look inside my body, but I will continue to hide my bra and underwear under my folded jeans thank you!

Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

Just for Fun...

I'm in a Wal-Mart parking lot watching a woman who can't remember where she parked. Every time she holds her remote in the air, I honk my horn!

PRAYING THE NAMES OF GOD

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

ABBA	ESHOKLAH	MASTER	ROPHE
ADONAY	ETERNAL	MELEK	SHADDAY
CREATOR	EVERLASTING	NISSI	SHALOM
ELCHAY	HASHEM	PEACE	SHEPHERD
ELKANNA	HEALS	PROVIDER	TSEBAOTH
ELOHIM	HOSTS	QEDOSHYISRAEL	TSURI
ELOLAM	KING	ROCK	YAHWEH
ELYON	LORD	ROI	YIREH

Created by Donna Houston
 5/12/18