

Steel Magnolias

Breast Cancer Support Group, Inc.

Look For Natural Healing

May 20,2024

Steel Magnolias
Breast Cancer Support Group



HERBS, VITAMINS, AND SALVES

Whole food Multi Vitamin- ensures you are getting the micro nutrients, vitamins, and minerals needed daily

Organic Whey Protein- to make shakes or add to recipes to increase protein intake when its hard or uncomfortable to eat much

DIM- Ensures proper estrogen metabolism; this is important for anyone with a history of breast cancer

Boswellin- Take especially during chemotherapy and radiation treatments, helps protect healthy cells from damage from chemo and radiation

B17- inhibits tumor growth and works to kill cancer cells

Essiac formula- (burdock, red clover, sheep sorrel, Turkish rhubarb)- Historic Cancer tonic used for over a century with great success in the Ojibwa Indian tribe

Medicinal mushrooms- includes reishi, turkey tail, lions mane, chaga, etc. Boost the immune system and helps the bodys killer cells to fight the abnormal tissue growth

Drs. Immune Forte- Great for the immune system to help the body fight off attacks from foreign invaders

Happy Now- Helps combat the effects of stress, anxiety, depression, and works to elevate the mood

Ginger candy and ginger tea- for nausea

Tommie Bass Salve- helps wound healing and to diminish scarring

Cumarindine- helps wound healing

ADJUST YOUR DIET

- Eat an organic non-gmo diet
- drink filtered water
- avoid white table sugar and white flour
- Avoid Soy
- avoid an ingredient list you can not understand

St. John's
Nutrition

832-A Snow St

Oxford, AL
36203

REMOVE CHEMICALS FROM YOUR LIFE

- use chemical free deodorant and laundry detergent
- do not use harsh household chemicals
- do not use Roundup or synthetic weedkillers or pesticides
- do not use artificial fragrances
- do not use scented candles



Steel Magnolias
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RMC Chaplain, Jim Wilson
Historian & Photographer
Elizabeth McCabe

Pinks Boutique: For Appointment
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901 Leighton Ave.
Anniston, AL 36207

www.steelmagnoliasinc.org

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Sharing love through support

Email any us at
info @steelmagnoliasinc.org

STEEL MAGNOLIAS/MEN OF STEEL
MEETING MINUTES
APRIL 23, 2024

Meeting was called to order by our President, Elaine Johns. We had 29 in attendance which included 5 visitors.

The minutes from the previous meeting were presented and motion made by Steve and seconded by Susan that they be accepted as read.

Chuck gave the Treasurer's Report for April with a beginning balance of \$21,054.96 and ending balance of \$17,216.00.

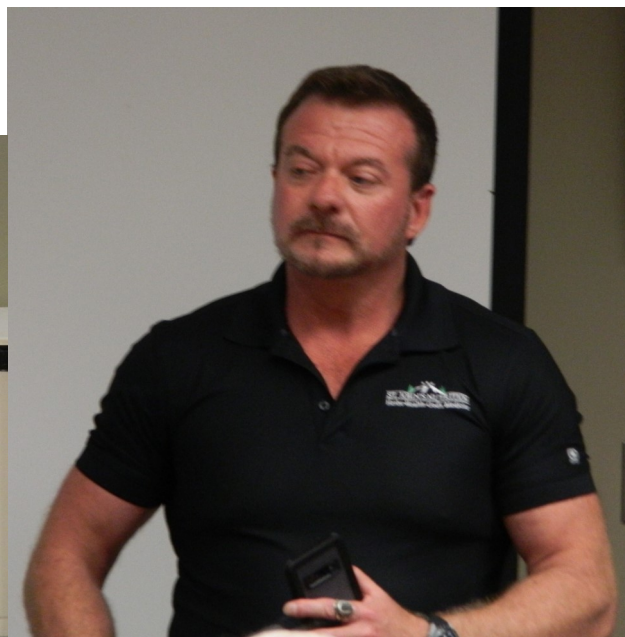
Our guest speaker was Matt StJohn of StJohn's Nutrition in Oxford. He talked to us about adding herbs, vitamins, and minerals to our diet. He also talked to us about adjusting our diet to include eating an organic, non-gmo diet; drinking filtered water; avoiding white table sugar and white flour; avoiding soy; and avoiding an ingredient list that we do not understand. He also talked to us about removing chemicals from our lives by eliminating chemical deodorant and laundry detergent; not using harsh household chemicals; not using Roundup or synthetic weed killers or pesticides; not using artificial fragrances or scented candles. He then pointed out a bunch of places here in Calhoun County that either produce or dump toxic chemicals everyday in our water or in the air we breathe. He encouraged us to make an appointment at his store and let them come up with a plan of treatment for some of our problems.

Margaret and Jimmy gave an update on the golf tournament. As of meeting night we had 156 sponsors; 15 teams; and collected \$30,810.00. Margaret went over assignments for the volunteers for the tournament.

Door prizes were won by Donna, Jimmy, Gloria, Linda, and Nancy Buchman.

No further business, motion made by Steve and seconded by Eddie that meeting be adjourned.

Respectively submitted
Brenda Parker, Secretary





Come join us at our next meeting 5/28/2024!

Birthdays and Anniversaries

April 28th was Tammy Juricich's birthday and she is a 14-year survivor!
May 2nd was Emmie Flood's birthday and she is a volunteer!
May 6th was Cynthia McGinnis's birthday and she is a survivor!
May 30th is Chuck Trull's birthday and he is a Man of Steel!
June 7th is Jane Preston's birthday and she is a volunteer!
June 21st is Robin Schmitt's birthday and she is a volunteer!

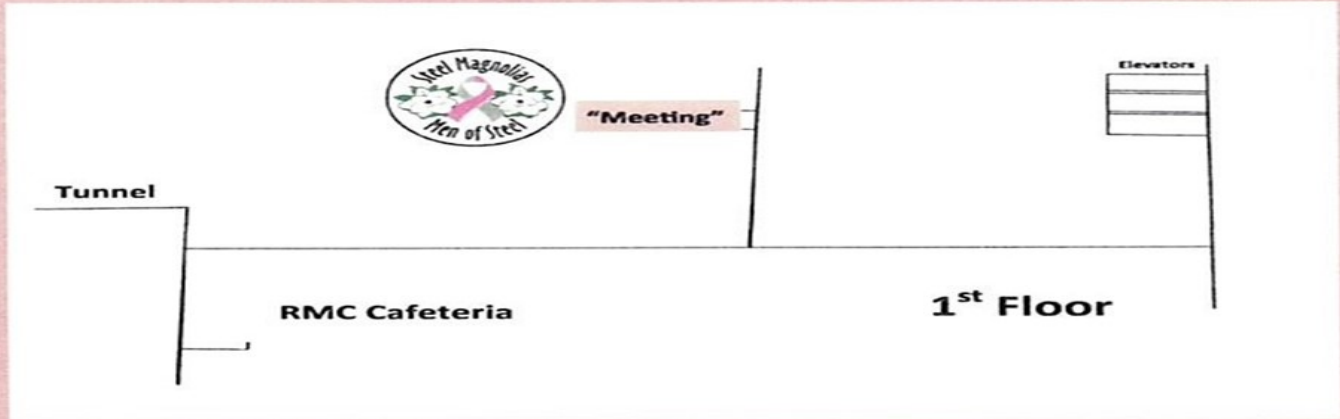
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Up Coming Events

May 28th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have fried and broiled fish with hush puppies; Steel Magnolias, please bring side dishes and desserts. Our speaker will be Ginger Troup, she is a physical therapist. 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. Be there or be square.

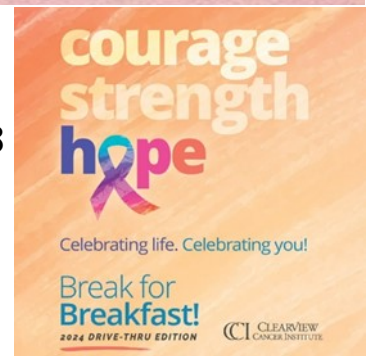
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Up Coming Events Continued



June 17th 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 Anniston, AL 36202 by May 15th.

June 25th Clearview Cancer Institute will have a “Brake for Breakfast” at the Anniston City Meeting Center from 6:30-8:30 A.M.



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Lea Fite Golf Tournament Results

It was the day we had all been working for, April 27th. It was a beautiful cool morning; the golfers started arriving and we checked everyone in. We wound up with 34 teams, a full field! We had a shotgun start and the 2-3 men teams starting on different holes through out the course. The weather stayed beautiful as the teams proceeded to try their skills on the 18 holes with 4 special holes. We had a hole in one try for a new car, a longest drive hole and 2 closest to the pin holes. No one hit the hole in one, but the other three holes paid out \$50 each. The second-place winners in the first flight won \$300 and in the second flight \$210. The winners of the Sunny King Classic for first place in first flight were Heath Waldrop, Greg Rainey, and Sean Kline. First place in the second flight winners were Bruce Collins, Barry Britt, and Cecil Martin. Congratulations to all! Our door prize winners were Chuck Trull for the Solo Stove, Pauline Anderson won the Louie Vuitton bag, Susan Turner won the Gucci bag, and Barry Britt won the men’s Gucci wallet. We fed the golfers BBQ sandwiches that Chris at Fairway Grille prepared. It was a wonderful day.

A very heartfelt thank you to the 40 corporate sponsors, the 121 hole sponsors, the golfers, Pine Hill Country Club and all the other people who made this tournament a success. Everything we raise goes to help cancer patients in our area. You are a part of the Steel Magnolias Breast Cancer Support Group and the services we offer. Thank You!

Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday of every month except 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 9-12. 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 Contributions are used to provide services to breast cancer patients who reach out to us.
Pray for our ministry.**

Joggin' Inside

Grounds for Divorce;

A judge was interviewing a woman regarding her pending divorce, and asked, "What are the grounds for your divorce?" She replied, "About four acres and a nice little home in the middle of the property with a stream running by." "No," he said, "I mean what is the foundation of this case?" "It is made of concrete, brick and mortar," she responded. "I mean," he continued, "What are your relations like?" "I have an aunt and uncle living here in town, and so do my husband's parents." He said, "Do you have a real grudge?" "No," she replied, "We have a two-car carport and have never really needed one." "Please," he tried again, "is there any infidelity in your marriage?" "Yes, both my son and daughter have stereo sets. We don't necessarily like the music, but the answer to your questions is yes." "Ma'am, does your husband ever beat you up?" "Yes," she responded, "about twice a week he gets up earlier than I do." Finally, in frustration, the judge asked, "Lady, why do you want a divorce?" "Oh, I don't want a divorce," she replied. "I've never wanted a divorce. My husband does. He said he can't communicate with me."

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A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. "Careful," he said, "CAREFUL! Put in some more butter! Oh my GOD! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my GOD! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!" The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I just wanted to show you what it feels like when I'm driving." He is recovering in a hospital.

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A LITTLE CHURCH HUMOR.

A minister decided to do something a little different one Sunday morning. He said "Today, in church, I am going to say a single word and you are going to help me preach. Whatever single word I say, I want you to sing whatever hymn that comes to your mind." The pastor shouted out "CROSS." Immediately the congregation started singing in unison, "THE OLD RUGGED CROSS." The pastor hollered out "GRACE." The congregation began to sing "AMAZING GRACE, how sweet the sound." The pastor said "POWER." The congregation sang "THERE IS POWER IN THE BLOOD." The Pastor said "SEX". The congregation fell into total silence. Everyone was in shock. They all nervously began to look around at each other, afraid to say anything. Then all of a sudden, way from in the back of the church, a little old 87-year-old grandmother stood up and began to sing "PRECIOUS MEMORIES" .

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An old hillbilly farmer had a wife who nagged him unmercifully. From morning till night (and sometimes later), she was always complaining about something. The only time he got any relief was when he was out plowing with his old mule. He tried to plow a lot. One day, when he was out plowing, his wife brought him lunch in the field. He drove the old mule into the shade, sat down on a stump, and began to eat his lunch. Immediately, his wife began haranguing him again. Complain, nag, nag; it just went on and on. All of a sudden, the old mule lashed out with both hind feet; caught her smack in the back of the head. Killed her dead on the spot. At the funeral several days later, the minister noticed something rather odd. When a woman mourner would approach the old farmer, he would listen for a minute, then nod his head in agreement; but when a man mourner approached him, he would listen for a minute, then shake his head in disagreement. This was so consistent, the minister decided to ask the old farmer about it. Following the funeral, the clergyman approached the elderly farmer and inquired why he nodded in accord with the women but consistently shook his head in disagreement with the men. The old farmer said: "Well, the women would come up and say something about how nice my wife looked, or how pretty her dress was, so I'd nod my head in agreement." "And what about the men?" the minister asked. "They wanted to know if the mule was for sale."

THE BOOK OF JOB

by Donna Houston

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

ATTITUDE

CHALLENGE

COUNSEL MEETING GRACE

CURSE

DIVINE JUSTICE

DRAMA

EDOM

EPIPHANY

FAIR

FAITH

FOOLISH WOMAN

GETHSEMANE

GRACE

HOLY

INTEGRITY

MERCY

MYSTERY

POETRY

REHAB

REFUGE

SATAN

SEEK GOD

SHALOM

STEADFAST

STRESS

SUBMIT

TEST

VIRTURE

WISE

WISDOM