

# Steel Magnolias

## Breast Cancer Support Group, Inc.

### Be An Encourager

en·cour·age·ment (noun)  
the action of giving someone support, confidence, or hope.....persuasion  
to do or to continue something.....to inspire with courage and spirit.....  
This definition sounds a lot like a necessity to survive; like air and water.

I think it is safe to say that everyone around us needs encouragement. We need to learn to recognize it in our family, our friends, our co-workers, our neighbors, and strangers we meet daily. I know that I need encouragement all the time, but when I found out that I had cancer it did become a necessity.

I want to give you some ideas on ways to encourage others.

As my friend Gloria will tell you "Jesus Loves You!" please share the love of Christ with others. He is our comforter and our healer.

Pray for them.

If you know someone going through cancer, send them a card of encouragement, I still have all the cards I received when I was going through treatments.

Give them a call, sometimes they just need someone to listen.

Be quick to give someone a smile.

Send someone flowers.

Offer a helping hand.

Provide a meal, fill a need.

Cheer them on and give them positive encouragement. Let them know how important they are to you and to others.

Help them get a makeover!

Help them to see what they are fighting for. I know I struggled on my journey with cancer and worried that I may not live, that these fears would never end and now it is twelve years later.

Encourage an encourager, they need it also.

## Be an encourager!

September 18, 2023



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*Sharing love through support*

Email us at info  
@steelmagnoliasinc.org

**Steel Magnolias and Men of Steel  
Monthly Meeting August 22, 2023**

**Our meeting was called to order by President, Elaine Johns. We had 31 in attendance with 4 visitors.**

**Wayne Jackson came and gave us an update on Chaplain Wilson. He told us he was manning the office on Tuesday, Wednesday, and Thursday. Eric Averitt will fill in on Mondays and Fridays. Please keep Chaplain Wilson in your prayers.**

**Minutes from the July meeting were read by Nancy Burnell and a motion was made by Jimmy and seconded by Eddie that the minutes be accepted as read.**

**Chuck read our financial report for August. We had a beginning balance of \$28,902.43 and an ending balance of \$28,704.33.**

**Wanda Pitts from RMC 4<sup>th</sup> floor oncology was our guest speaker. Wanda shared with us her job in the oncology room and many other roles she takes on. You cannot do that job without seeing the other needs the patients need unless you are an uncaring person without compassion. Her first job is a medication infuser, but Wanda is often a comforter, a teacher, a consoler and anything else that she sees that her patient needs. She is a patient advocate and she told us to always ask questions and be our own advocate. I have heard about Wanda on 4<sup>th</sup> floor and how good she is at her job and how loved she is by her patients. After her presentation I understand what everyone has been saying.**

**Nancy talked to the group on our choice of places to have our Christmas Brunch. We talked about Hubbards, Western Sizzlin and also maybe having it at a different venue and the food being catered. More info to come.**

**Margaret shared information about a walk in Ranburne on Saturday, September 30<sup>th</sup> at 7AM. All money raised will go to the Steel Magnolias. We also are participating in a "Walk and Car Show in Attalla again this year. TUTUs is back and more information in upcoming events to follow in this newsletter.**

**Jenny gave our devotion and she talked about Paul when he was being sent to Rome. She talked about "our spiritual anchor" like Paul had his on this journey. All the sailors feared death but Paul encouraged them, he told the captain that an angel came to him and that they all would survive. Jenny told us if we listen to God, read his Word and be spiritually anchored, we can handle anything this world throws at us.**

**Sherry went over our prayer list and many were added to it.**

**The winners of our door prizes were Pat, Margaret and Dawn.**

**No further business, a motion was made by Steve and seconded by Pat to adjourn our meeting.**

**Submitted by:  
Elaine Johns in absence of Brenda Parker**

**PS**

**Please bring to the meeting or email me anything you would like to share about Connie Stephens. I will have a page dedicated to her in the next newsletter. RIP Connie.**

## **Birthdays and Anniversaries**

**September 24<sup>st</sup> is Pat Yates' birthday and she is a volunteer!**

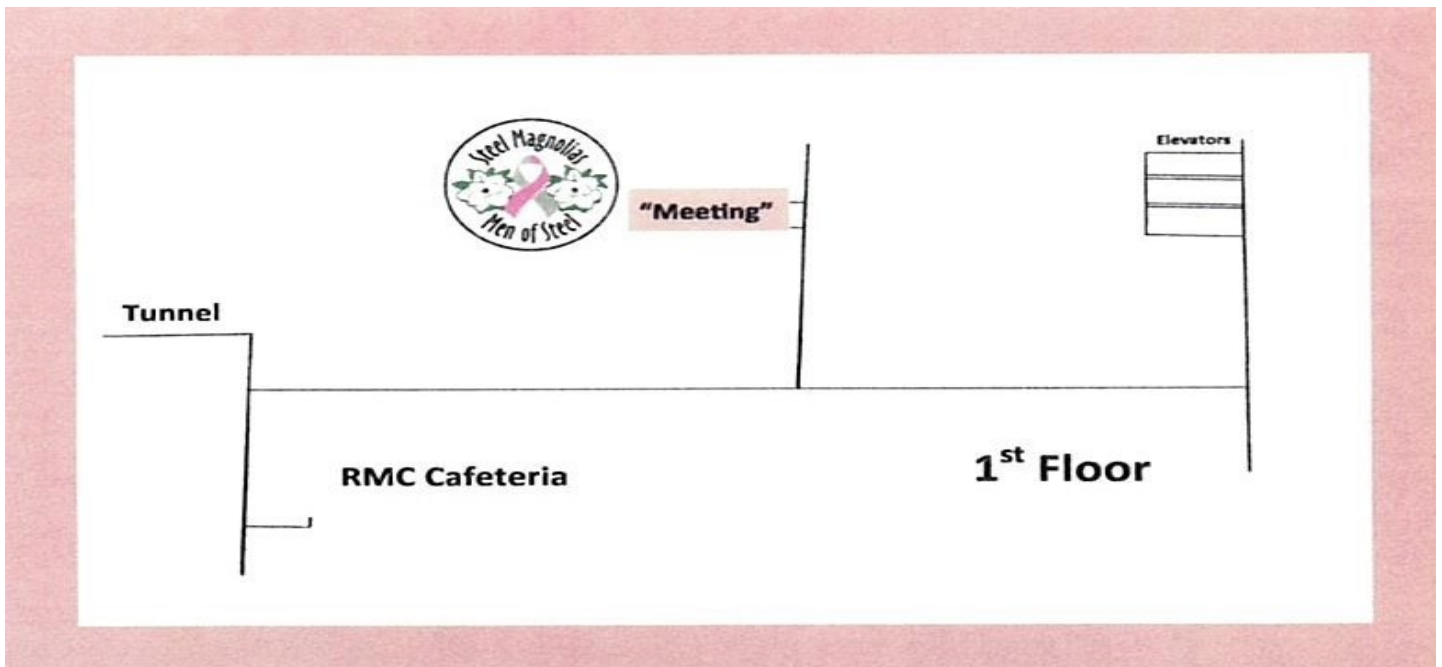
**October 6<sup>th</sup> is Linda Barton's birthday and she is a volunteer!**

**October 11<sup>th</sup> is Margaret Martin's birthday and she is a 36-year survivor!**

**October 13<sup>th</sup> is Karen Davis's birthday and she is a 3-year survivor!**

## **Up Coming Events**

**September 26<sup>th</sup> is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Spaghetti and garlic bread; Steel Magnolias please bring side dishes and desserts. We will not have a speaker, but we have a lot of planning with all the upcoming events. 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 sure where to go.**



**September 30<sup>th</sup> "Steps To Help" walk in Ranburne at the high school. The walk starts at 7AM and goes until 3PM. We will set up and hand out our information. We have sign up sheets at our next meeting.**

**October 7<sup>th</sup> is Oxfordfest 2023! Our tent will be on the street this year not the sidewalk. We have ordered shirts to sell and will have some of the same items we have had in the past. We will have sign up sheets at our next meeting. Opening ceremonies are at 7:30 A.M. until 4. We will try and do this in 1-2 hour shifts.**

**October 8<sup>th</sup> will be the 2<sup>nd</sup> annual Breast Cancer Walk and Car Show hosted by Morgan Funeral Home in Attalla. There will be food trucks, live music, a 50/50 split and many raffle give aways. The festivities start at 2 P.M. and ends at 6 P.M. We will have sign up sheets at the meeting.**

**October 14<sup>th</sup> is the TuTu for TaTa ride at Hooligan Harley Davidson. Registration is from 9:30 to 10:30 A.M. and kick stands up at 11. There will be a prize for best dressed biker and for best dressed bike. You can also enter the ride with a vehicle. We will have sign up sheets at the meeting.**



**STEPS TO HELP**  
**BREAST CANCER AWARENESS WALK**  
**SATURDAY, SEPT. 30<sup>TH</sup>**  
**WHILE YOU'RE OUT SHOPPING, COME BY**

**WALK WHEN YOU WANT**

**WALK AS LONG OR SHORT AS YOU WANT**

**CHECK IN AT RANBURN HIGH SCHOOL**

**BETWEEN 7:00 UNTIL 3:00 AL**

**THEN WALK ON THE SCHOOL TRACK AT YOUR LEISURE**

**ONLY \$10**

**ALL PROCEEDS GO TO**

**STEEL MAGNOLIAS BREAST CANCER SUPPORT GROUP**

**FROM RMC**

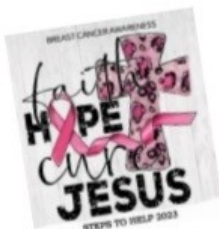
**THEY WILL BE ONSITE AT THE WALK**

**IF YOU CAN'T WALK COME BY AND DONATE AND MEET THEIR TEAM**

**ONSITE ALSO**

**TANNER MOBILE MAMMOGRAPHY**

**CALL TODAY TO SCHEDULE YOURS!**



**TO ORDER A SHIRT FOR \$25**

**CALL 770-846-6112**



Breast Cancer Awareness Community Event hosted by  
Dignity Memorial provider Morgan Funeral Chapel

# Benefit Walk & Car Show

SUNDAY, OCTOBER 8, 2023  
CAR SHOW FROM 2PM-6PM  
BENEFIT WALK STARTS AT 4PM

LOCATION: MORGAN FUNERAL CHAPEL  
625 GILBERT FERRY RD  
ATTALLA, AL 35954



FOOD TRUCKS, VENDORS, LIVE MUSIC, RAFFLE GIVEAWAYS, KIDS ZONE!  
SPLIT THE POT! TROPHIES GIVEN OUT FOR CAR SHOW!  
FREE HOT WHEELS TO THE 1ST 50 KIDS! PINK FIRETRUCK!

FREE ADMISSION FOR GUESTS!  
REGISTRATION FEES AS FOLLOWS:

CAR/TRUCK/BIKE \$20 VENDOR \$25 FOOD TRUCKS \$50  
(PRE-REGISTER BY SEPTEMBER 22ND AND GET \$5 OFF)

ALL PROCEEDS GOING TO STEEL MAGNOLIAS BREAST CANCER SUPPORT GROUP

**CALL 256-538-7834 TO BECOME A VENDOR OR PRE-REGISTER!**

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# Tutus for Tatas

**Saturday October  
14th**

**Bike Contests:  
Best Dressed Biker  
Best Dressed Bike**



**Registration:  
9:30am - 10:30am**

**KSU:  
11:00am**

**\$20 - Rider  
\$5 - Passenger  
\$25 - Cars, Trucks, &  
Jeeps**

**ALL proceeds from the ride will go to Steel Magnolias Breast Cancer Support Group. They are dedicated to providing services and support to breast cancer patients in Calhoun County and surrounding counties.**

**FOR MORE INFO ON EVENTS VISIT US AT: [WWW.HOOOLIGANHARLEY-DAVIDSON.COM/EVENTS](http://WWW.HOOOLIGANHARLEY-DAVIDSON.COM/EVENTS)**



## **Joggin' Inside**

### **THIS YOUNG MAN KEPT TELLING THE TRUTH**

Our teacher asked what my favorite animal was, and I said, "Fried chicken." She said I wasn't funny, but she couldn't have been right, because everyone else laughed. My parents told me to always tell the truth. I did. Fried chicken is my favorite animal. I told my dad what happened and he said my teacher was probably a member of PETA. He said they love animals very much. I do, too. Especially chicken, pork and beef. Anyway, my teacher sent me to the principal's office. I told him what happened, and he laughed, too. Then he told me not to do it again. The next day in class my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken. She sent me back to the principal's office. He laughed, and told me not to do it again. I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am. Today, my teacher asked me to tell her what famous military person I admired most. I told her, "Colonel Sanders." Guess where I am now...

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### **WHERE IS MY PHONE?**

Several men are in the locker room of a golf club. A cellular phone on a bench starts ringing and a man engages the hands-free speaker function and begins to talk. Everyone else in the room stops to listen.

MAN: "Hello" WOMAN: "Hi Honey, it's me. Are you at the club?" MAN: "Yes." WOMAN: "I'm at the shops now and found this beautiful leather coat. It's only \$2,000; is it OK if I buy it?" MAN: "Sure, go ahead if you like it that much." WOMAN: "I also stopped by the Lexus dealership and saw the new models. I saw one I really liked." MAN: "How much?" WOMAN: "\$90,000." ; MAN: "OK, but for that price, I want it with all the options." WOMAN: "Great! Oh, and one more thing... I was just talking to Janie and found out that the house I wanted last year is back on the market. They're asking \$980,000 for it." MAN: "Well, then go ahead and make an offer of \$900,000. They'll probably take it. If not, we can go the extra eighty-thousand if it's what you really want." WOMAN: "OK. I'll see you later! I love you so much!" MAN: "Bye! I love you, too." The man hangs up. The other men in the locker room are staring at him in astonishment, mouths wide open. He turns and asks, "Anyone know whose phone this is?"

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### **The OBEDIENT WIFE**

There was a man who worked hard all his life. He really was a miser about his money. He spoke to his wife and said; If I die, I would like you to put all the money that I worked for in my casket and I will bring it to my afterlife. He made his wife promise him that he would do it. His wife made that promise.

Well, the man died.

They had a funeral and his wife was there dressed in black with her friend beside her. Just before the undertakers would finally close the casket the wife said " Wait a moment". The wife was carrying a metal box with her and laid it on the casket. The undertakers locked the casket and pulled it away

Her friend said " Girl you are not foolish enough to put all that money with your husband".

The wife said "I am a Christian and I will keep my word. I made a promise that I will put the money in the casket with him.

The friend said "you mean to say that you put all of his money in the casket with him?"

I sure did. I got it all together and deposited it in my bank account and wrote him a check. f he can cash it, then he can spend it.

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**I just realized that a person that tends chickens is a Chicken Tender!**

# HEALTHY APPROACH

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

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ACTIVE	EXERCISE	FUEL	PROTEIN
ANTIOXIDANTS	FIBER	GRAINS	SPICES
BANANAS	FISH	HEALTH	VARIETY
BEANS	FLAVOR	LIFESTYLE	VEGETABLES
DIET	FLUIDS	MINERAL	VITAMINS
EGGS	FOOD	NUTRITION	WATER
ELECTROLYTES	FRUIT	NUTS	WEIGHT
			YOGA

Created by Donna Houston  
9/16/18