

# Steel Magnolias

## Breast Cancer Support Group, Inc.

**And Here We Go, 2024!**

Can you believe it is 2024? A new year with so many opportunities in front of us. We know that tomorrow is not promised and we need to embrace each day and live it to the fullest! We tend to make resolutions that we have every intention of carrying out, but it is hard to stick with some things. Being survivors, we are looking to put time between the day we were diagnosed and now.

I read a lady's story in the Cure Today magazine and she brought up the point of setting goals (resolutions). She said it can motivate us to remain focused on the goal and help us move forward. Just do not put too much pressure on yourself or make your goals unrealistic.

She shared some ways to help yourself and others on this journey. Celebrate milestones you have achieved in your journey such as completing treatments or if you made it through a tough day. I will never forget my last treatment; I had built myself up big time knowing it was my last one and I celebrated getting that behind me.

Know your limitations, don't take on more than you can handle comfortably. There is no need to put yourself in a situation that will drain your energy or break down your emotional well being. Take care of yourself and rest when you need to. Do things you enjoy and the things that bring you peace.

Talk to God, he is right there with you. He will always be there for you. If you do not know Him, start reading His Word and ask Him to forgive you and to come into your life. Once you make that decision you will find a peace like no other.

This new year can be a new beginning for you in many ways. There will always be trials with or without cancer in your life, so be kind to yourself. Don't sweat the small stuff because life is so much more than that. Savor every moment, every day!

God never sends you  
into a situation alone.  
God goes before you.  
He stands beside you.  
He walks behind you.  
Whatever situation  
you have right now,  
be confident.  
God Is With You.

**January 16, 2024**



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Historian & Photographer  
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Anniston, AL 36207  
www.steelmagnoliasinc.org

Like us on Facebook

*Sharing love through support*

Email us  
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## **Christmas Brunch 2023**

**Our 2023 Christmas Brunch turned out pretty good with the absence of our event planner, Nancy Burnell. We sure did miss her and all her talents and experience in entertaining us.**

**Elaine Johns welcomed the group and Chaplain Wayne Jackson gave us an update on Chaplain Wilson, then he blessed our meal. We had a delay with our food so Margaret introduced our entertainment. Mike Stinson and Susan Landress really put on a show! Everyone sang along and there was a lot of clapping going on. Did I mention that Susan could raise the roof? Well, she did! After their first set our food was ready and Amy's Catering served us a delicious meal of breakfast foods, fruit, and pastries. They did an awesome job on the food and everyone enjoyed it.**

**Margaret recognized the ladies who work in the office and the ladies from the chaplain's office who help when we are not there. Thanks to Vickie, Elaine, Nancy, Margaret, Brenda and our fill-ins Cynthia and Jenny for all you do! Margaret also gave a report on the number helped in the "Pinks Boutique," the number of care packages given out, meal voucher and how many compression garments given out this year.**

**Elaine recognized all that help with the monthly newsletter. A big thank you to Gloria, she really takes care of making sure the envelopes are addressed, the newsletters being folded and stuffing the envelopes. She takes charge to get help in making this happen. Elizabeth helps me in proofreading the newsletter before it goes out. Nancy and Brenda make sure they are delivered to the oncology departments.**

**We lit candles in memory of our four members we lost this year. We will miss them dearly. We lost Marilyn Lawson (the cookie lady) earlier this year and then we lost Becky Tiner. Becky helped me so much with the newsletter and she posted it to our website. She also sent it out to all the email recipients. We then lost Connie Stephens. Connie had a know-how; she was a hard worker with getting sponsors for the golf tournament and she helped us in so many ways with her knowledge. She had so much experience after the many years she had spent with the Marine Corps League. Barbra Hawkins left us in November. Barbra always came with Connie and Steve. She was a quiet lady and was always willing to help when she was active. Gloria said a prayer for our members we lost.**

**We all voted at our last meeting for volunteer of the year and Linda Barton was a unanimous choice. She is always at every event and willing to go when needed. Thank you, Linda for all you do for the Steel Magnolias!**

**Mike and Susan came back and entertained us again. Everyone sang along and we had such a good time.**

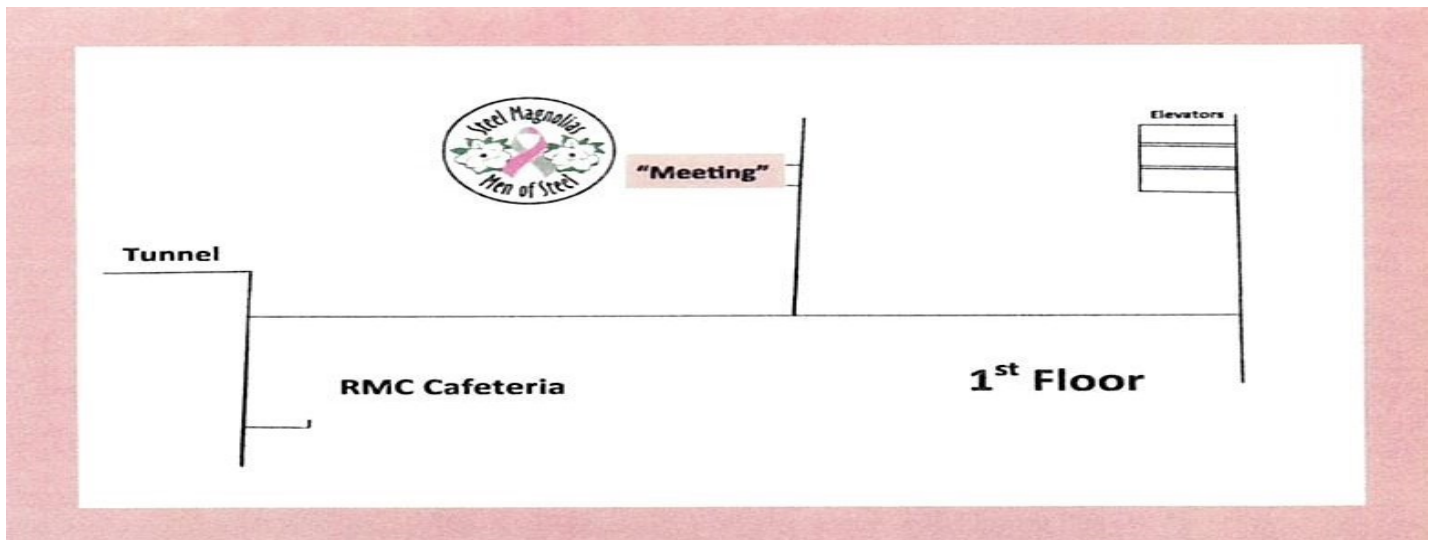
Jimmy Taylor closed us in prayer. I hope everyone enjoyed this brunch as much as I did. See you next year!





### Up Coming Events

**January 23rd is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Macaroni and cheese with chicken fingers; Steel Magnolias, please bring side dishes and desserts. Everyone please try to attend and bring a friend! We are in the process of finding a speaker. I am including a map for anyone new who would like to come but is not quite sure how to get there.**



**February 19th will be our next newsletter mailing day. If you have anything for the newsletter please send it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or mail it to our office at PO Box 2208 Anniston, Al 36202 by February 13<sup>th</sup>.**

## Birthdays and Anniversaries

February 18th is Margaret Taylor's birthday and she is a 19-year survivor!

### Tribute to Connie Stephens

I first met Connie in 1980 when she came to work at the Directorate of Reserve Components as a Supply Clerk. I was working as the secretary in that directorate and worked very closely with Connie especially during the summer months.

Connie and I had several things in common most of which we had daughters that were of the same age. We suffered through the teenage years together and commiserated together several times. Connie was a single parent and raising a son and daughter. One of the best times we ever had together was when we took our daughters to see Lee Greenwood in Birmingham. I don't know who had the best time, the girls or Connie and I.

In our jobs, we dealt with a lot of different people. Connie was always professional and courteous and always had the answers before the questions were asked. After Ft McClellan, she transferred out of state and we lost contact with each other.

When I joined Steel Magnolias, Connie was the first person I saw and we had a great time catching up. I will miss her and Steel Magnolias has lost a very important volunteer. She was always ready to work and do whatever needed to be done. She will be missed.

Brenda Parker

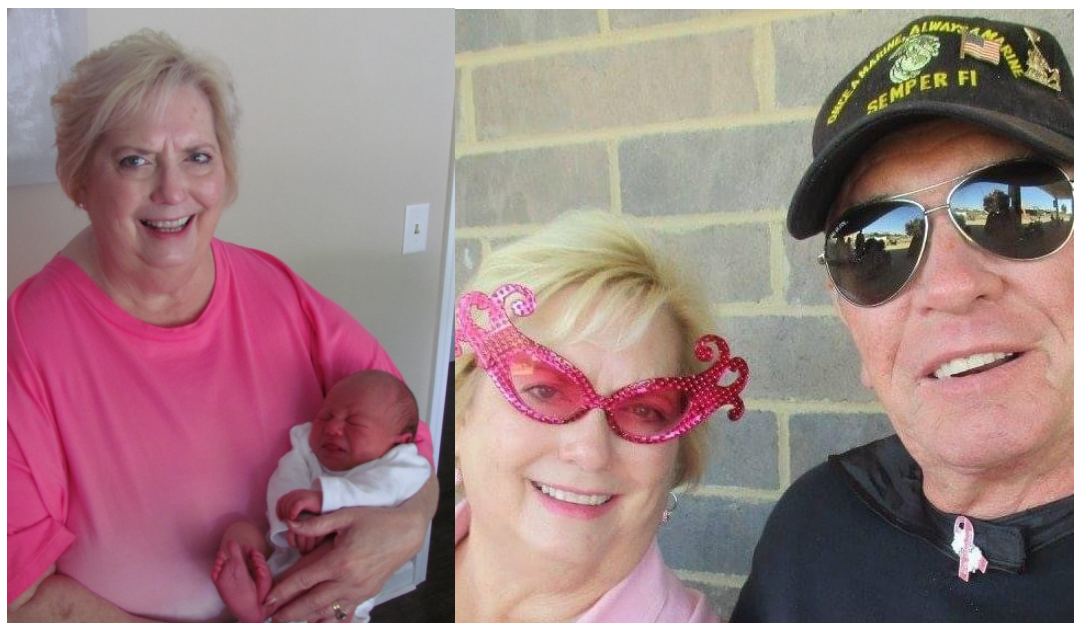
Jimmy & I met Steve and Connie several years ago when we were dancing with The Swinging Stars, a square dance club. We always had a lot of fun dancing and meeting other couples from different clubs. After we had stopped dancing we met Steve and Connie while we were out and invited them to attend a Steel Magnolias meeting. They came and became a vital part of Steel Magnolias. They were always hard workers and always ready to help with any event we were invited to participate in. Connie and Steve were very instrumental in the success of the annual Golf Tournament. It is hard to talk about Connie without including Steve because they were always together. Connie has been and will continue to be greatly missed by all those that knew her.

Margaret Taylor

I just want to say that Connie was all in on everything that we had going on with the Steel Magnolias. You could count on Connie and Steve to be there helping out. I knew if I didn't know how to go about

getting things done for the golf tournament, I could throw it out there to Connie and she could give me ideas on how to handle it. She and I started out as officers together in the Steel Magnolias. I will sure miss Connie. The veterans at the State Veterans Home in Pell City will miss her too, She and Steve went there all the time visiting and taking snacks. I know she loved Steve, but little Ethan was the love of her life.

Elaine Johns



## **“Our Services Condensed”**

- **Monthly Group Meetings on the 4<sup>th</sup> 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 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](http://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.**

English Lesson For Men

I was having trouble with my computer at work so I called IT Support...He said, "Have you tried disabling cookies?"

I said, "Well, I once bit the legs off a gingerbread man!"

Knife \_\_\_\_\_ k is silent

Honest \_\_\_\_\_ H is silent

Tsunami \_\_\_\_\_ T is silent

Psychology \_\_\_\_\_ P is silent

Wife \_\_\_\_\_ Husband is silent

Once upon a time, a beautiful, independent princess happened upon a frog in a pond. The frog said to the princess, "I was once a handsome prince but an evil witch put a spell on me. One kiss from you and I will turn back into a prince. Then we can marry, move into the castle, and you can prepare my meals, clean my clothes, bear my children and forever feel happy for doing so."

That night, while the princess dined on frogs legs, she laughed to herself and thought, "I REALLY don't think so."

**When I was a kid, when we played 'spin the bottle', if they didn't want to kiss you, they'd have to give you a quarter.**

**By the time I was 12, I owned my own home.**

Me: could you pass me the Washington Shire sauce?

Him: the what?

Me: the Westminster Shore sauce

Him: are you having a stroke?

Me: the Warcaster Shiner sauce

**My husband and I were arguing...I was so mad I took my glasses off and told him "I don't even want to see you right now!" ...😏👉**

**Chocolate is vital for our survival. Dinosaurs didn't have chocolate and look what happened to them...**

## PLACES IN THE BIBLE

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

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AMMON

GEZER

JOPPA

PISGAH

ARARAT

GIBEON

KEDESH

SARDIS

ARNON

GILEAD

LEBANON

SHILOH

BABYLON

HARAN

MIDIAN

SINAI

BASHAN

ISRAEL

MORIAH

SODOM

BETHEL

JABESH

NAPHTALI

TIMNAH

DAMASCUS

JAHAZ

NINEVEH

ZION

EGYPT

JERUSALEM

NIPPUR

ZOAR