

Steel Magnolias

Breast Cancer Support Group, Inc.

Paying Tribute

June 19, 2023

Last month we lost another member of our group, Becky Tiner. Becky was a wiz with the computer and helped me so much in creating the newsletter when Lenora turned it over to me. Not to mention sending it out to all the emails and posting it to our website. I would be having trouble and Becky would walk me through it like it was nothing! I will miss her so much each month when it comes to getting all the tasks handled that she always took care of. Did I mention that Becky was legally blind? She did not let that stop her! Becky has been a part of this support group from about the time it started in 2001. She was an active member even though she seldom came to the meetings, but she was willing to do whatever was in her power to support the Steel Magnolias.

I want to share what Bren and Elizabeth shared in her obituary.

Rebecca "Becky" Anne Tiner, 49, of Helena, AL, passed away peacefully Sunday, May 21, 2023, after a long battle with lupus and Calciphylaxis. Her loving mother, Mel McCabe and sister, Bren Tiner, were by her side. She was a beloved daughter, sister, and aunt.

Becky was predeceased by her father James Tiner, grandparents Joseph & Helen Tiner, Robert & Frances Castleberry, and her nephew Michael Noto.

Becky was born at St. Vincent's Hospital in Birmingham, AL in September 1973. She grew up in Forestdale, AL and later moved to Weaver, AL, attending school in both areas. She also briefly attended Talladega School for the Blind. She was a graduate of Weaver High and attended Jacksonville State University.

A member of West Weaver Baptist Church, she enjoyed volunteering at Anniston Museum of Natural History, Jacksonville City Library and Albert Scott Library of Alabaster. For over fifteen years, she volunteered for Steel Magnolias Breast Cancer Support Group. Her roles included social media assistance and editor for the monthly newsletter.



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Like us on Facebook

Sharing love through support

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

Becky was a fun spirited soul who had many interests. Even with visual impairment, she self-learned how to create websites, program computers, and eventually became family and friends' IT expert. Becky was an avid gamer on PlayStation and various other sources, she was artistic, having won local awards for her style. A foodie, she enjoyed trying different cuisines and restaurants, sharing experiences with family and friends. A self-proclaimed "crazy cat lady," Becky loved her 5 cats, Zelda, Gidget, Tommy, Ginger and Sugar. They were her children. Her dream job was always to be a pilot, flying to exotic locales.

Becky was a beautiful person, inside and out. Her sense of humor and smile was uplifting and her knowledge of the Bible was inspiring. She cared so deeply for her mother, sister, and nephew. We will miss our Becky dearly, but are grateful for the time we had with her.

A private ceremony will be held later. In lieu of flowers, the family requests donations be made to Steel Magnolias Breast Cancer Support Group of Anniston, AL, a cause she fully supported and loved. Steel Magnolias Breast Cancer Support Group, PO Box 2208, Anniston, AL 36202.

Photo provided by Elizabeth McCabe.



In remembrance of Marilyn Lawson:

I have known Marilyn for a long time, we were in the Steel Magnolias almost from the very beginning. Marilyn was one of my friends. Lenora Johnson invited Marilyn, Marti Rogers and myself for a lunch at her river home. We all had a wonderful time with great food, fellowship, and laughter. Marilyn was always smiling. We as a group will miss her sweet smile.

Gloria Woosley

Marilyn Lawson was a faithful member of the Steel Magnolias who always has a great smile on her face whenever we saw her. She truly was a kind and caring person whom we all shall miss.

Keither and Roger Zeimet

I met Marilyn years ago through the Steel Magnolia Breast Cancer support group. She was always so kind, mild mannered, never out spoken, but would always give her opinion when asked. Marilyn was loyal to her family, friends and loved her God. She will be missed by all who had the privilege of knowing her.

Nancy Burnell

Becky and I grieved for Marilyn when she died. We could not believe it: Marilyn Lawson, the cookie lady, great chef, creator of wonderful sweets among other things. She was so precious to bring Becky her favorite lemon bars. When Paul and I were traveling she would walk with Becky on the Chief Ladiga walking trail. We met Marilyn over 30 years ago at the First Baptist Church of Weaver before Wednesday night prayer service. Anywhere Marilyn went, she usually brought her sweet goodies and always welcome treats, so creative and talented, she made gorgeous Christmas ornaments that became family jewels to pass down. It was a treasure to get one of her ornaments. She loved Weaver, her friends at church, and her community. I remember her bout with cancer. Becky and I and others invited her to the Steel Magnolia meetings. She gladly joined, a great asset to any group. I never heard her complain or gossip. She was so peaceful and quiet, a joy to be around. My daughter, Becky, wanted to write a tribute to Marilyn for our newsletter, but Becky entered the hospital a few days later, and never lived to do so. As brothers and sisters in Christ, we have God's promises we will all meet again.

Love you, Marilyn. From Becky and me.

Elizabeth McCabe

**STEEL MAGNOLIAS/MEN OF STEEL MONTHLY MEETING MINUTES
MAY 23, 2023**

Meeting was called to order by our President, Elaine Johns. We had 19 in attendance with one guest of Gloria's, Donna.

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

Chuck gave the Treasurer's Report to include corrected March and April.

	Starting Balance	Ending Balance
March	\$30,919.48	\$30,109.97
April	\$30,109.97	\$28,504.44
May	\$28,504.44	\$29,390.13

Cheryl talked us through how she made the coasters and wooden cutting boards with the designs. She showed us how to lay out your picture in order to print on tissue paper and then iron the picture on the wood. She did two baskets for door prizes for the golf tournament.

Jeannie did our devotion and talked to us about taking some time every day to Praise the Lord. Take the time every day to talk to God because He loves you more than anyone else. You should praise Him in sickness and health; in good times and bad; for His mercy and grace; and most of all, for His salvation. We should always wear the garment of the Holy Spirit, so that when we walk in a room, people will see Jesus in us. Psalm 150 says, "This is the day that Lord has made. Let us rejoice and be glad in it."

Walter then led us in the singing of that song.

Nancy went over the prayer list and Walter prayed for the people on the list.

Elaine asked for volunteers to work in the office.

No further business, motion was made by Shirley and seconded by Pat that meeting be adjourned.

Respectively submitted,
Brenda Parker, Secretary

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"The purpose of life is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived

Birthdays and Anniversaries

July 1st is Frances Nelson's birthday and she is a 41-year survivor!

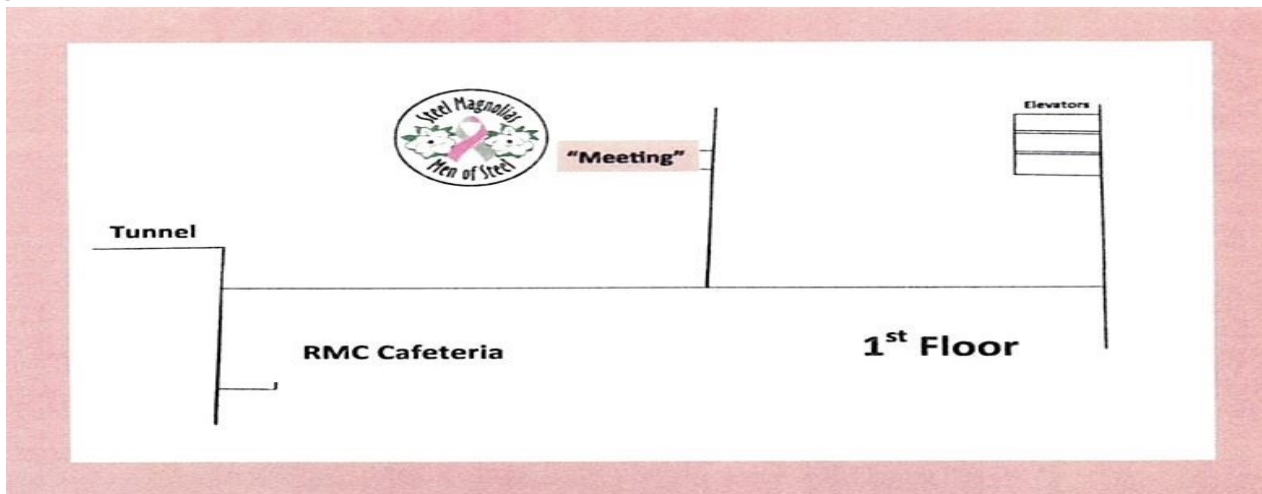
July 7th is Nancy Burnell's birthday and she is a 19-year survivor!

July 7th is Walter Lawson's birthday and he is a volunteer!

July 13th is Sherry Grinstead's birthday and she is a 21-year survivor!

Up Coming Events

June 27th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have meatloaf and creamed 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.



July 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 July 10th.

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I know everyone in our group is wondering "Who is Frances Nelson?" I have never met Mrs. Nelson, but she sent us this sweet note last week and I wanted to share it with our readers! It is always an encouragement for our readers to know that there are so many 20 plus year survivors out there! We need ALL of you to write in and share the good news!

Again Mrs. Nelson, thank you for the kind words, they are an encouragement to us also in what we do and I hope our newsletter will always be informative and a source of inspiration or laughter for those who need it.

Elaine Johns

Dear Still Magnolia

I look forward to the newsletter. It has a lot of good information and I like to keep up with you all even tho I do not attend your meetings. My birthday is July 1 and I am a 41 year survivor. Keep up the good work you all do.
Frances Nelson

Vaping VS Smoking

From medicalnewstoday.com

I started looking at the difference between vaping vs smoking on the internet and found out that one is as bad as the other. The biggest difference is that smoking has been around a lot longer than vaping, so it has been studied longer. This is what I found in my search. Both smoking and vaping have side effects and risks. Scientists do not fully understand the long-term health effects of e-cigarettes yet, but the science indicates they are not a safe alternative to smoking. Neither smoking nor vaping is beneficial to human health. Based on the available evidence, smoking appears more harmful than vaping. However, this does not mean vaping is safe.

People who vape may be at risk of harm for the following reasons:

E-cigarettes can contain a large dose of nicotine, a substance known to slow the development of brains in fetuses, children, and teens.

The liquid that creates the vapor is dangerous to adults and children if they swallow, inhale, or get it on their skin.

Vaping also delivers dangerous chemicals, including diacetyl, cancer causing chemicals, heavy metals, and volatile organic compounds.

Vaping may normalize smoking again as it becomes more popular.

According to the CDC by early 2020, there had been around 2,800 hospitalizations or deaths total with 68 of those confirmed deaths from vaping. The CDC also acknowledges that since the removal of vitamin E acetate from vaping products, along with other harmful ingredients, the number of symptoms that people experience from vaping declined. The long-term effects of vaping have a higher risk of respiratory disease than people that never smoked,

Unlike vaping, there are years of research to fully back up claims that smoking is damaging to human health. According to the CDC smoking causes:

Damage to every organ in the body.

More than 480,000 deaths a year in the United States.

90% of all lung cancer deaths and around 80% of deaths from COPD.

It causes an increased risk of death and an increased risk of developing health conditions, such as heart disease and stroke. Smoking has many long-term adverse effects on the body. It reduces sperm count, increased risk of pregnancy loss, congenital disabilities, increases risk of cataracts, impairs immune system function, increases general inflammation, triggers asthma attacks, increases the risk of strokes, and causes blockages in the veins and arteries. It can cause cancer in nearly any part of the body, including the lungs, kidneys, and stomach.

Vaping and smoking share similar negative effects on the body, such as damage to the lungs and increased cancer risk. Researchers know more about the long-term effects of smoking than those of vaping. However, vaping products contain a great deal fewer harmful chemicals than cigarettes and can be an effective tool in quitting smoking altogether. However, while vape products can reduce the amount of tar and other chemicals a person inhales, they can increase a person's nicotine dependency.

“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 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

THE PASTOR'S NEW FALSE TEETH

A Pastor goes to the dentist for a new set of false teeth. The first Sunday after he gets his new teeth, he preaches for only eight minutes. The second Sunday, he preaches for only ten minutes. The following Sunday, he preaches and talks for 2 hours and 48 minutes. The congregation finally had to mob him to get him down from the pulpit, and they asked him what happened.

The Pastor explains the first Sunday his gums hurt so bad he couldn't talk for more than eight minutes. The second Sunday his gums hurt too much to talk for more than ten minutes.

The third Sunday, he put his wife's teeth in by mistake and he couldn't shut up.

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Things to Ponder.....

- 1-If the No. 2 pencil is the most popular, why is it still No.2?
- 2-Why do we drive on parkways and park on driveways?
- 3-Why do "fat chance" and "slim chance" mean the same?
- 4-Why do people say "heads up" when you should duck?
- 5-Why don't British people sound British when they sing?
- 6-Why are you "in" a movie, but "on" TV?
- 7-Why are there no "B" batteries?
- 8-Why is a "pair" of underwear one item?
- 9-Why do we press harder on a remote control when we know the batteries are getting weak?

**The older I get the
tighter companies are
putting the lids on jars**

**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.**

**Laughing at
your mistakes can
lengthen your life.
Laughing at your
wife's mistakes
can shorten it.**

Running.....

I went for a run but came back home after 2 minutes because I forgot something.

I forgot that I'm fat and can't run for more than 2 minutes!

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Wise Beyond Years.....

One evening an old farmer decided to go down to the pond, as he hadn't been there for a while, just to look it over. He grabbed a five-gallon bucket to bring back some apples from his tree.

As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of young women skinny dipping in his pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned, "I didn't come down here to watch you ladies swim naked or to make you get out of the pond naked," holding the bucket up he said, "I'm here to feed the alligator." Some old men can still think fast!

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Did you know muffins spelled backwards is what you do when you take them out of the oven? (Are you writing it down to see?)

HE IS

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

ADVOCATE

GIVER

LORD

REDEEMER

ALPHA

GRACE

LOVE

SAVIOR

ARMS

HEALER

MEDIATOR

SHEPHERD

BREATH

HE IS

MERCY

SHIELD

COURAGE

I AM

MESSIAH

SON OF MAN

DOVE

KING

OMEGA

STRENGTH

FAITHFUL

LAMB OF GOD

POWER

TRINITY

FIRE

LIFE

PRINCE OF PEACE

TRUTH

Created by Donna Houston
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