

# Steel Magnolias

## Breast Cancer Support Group, Inc.

### RMC Chaplain's Services

The Chaplains Office is in the Physicians Building on the 4<sup>th</sup> floor in room 406. Our group falls under the Chaplain's services here at RMC. I want everyone to know the services that are offered by the Chaplain's Office. Daily they visit patients that are going into surgery and they also visit patients throughout the hospital. The Chaplain's service is made up of volunteers who come on different days. If you are interested in joining, please contact Wayne Jackson or Eric Averette at 256-235-5146. I have put together a list of ongoing support groups they offer.

Alzheimer/Dementia Caregiver Support Group meets on the 2<sup>nd</sup> Friday each month at 1 pm in the RMC Chaplain's office in Suite 406 in the Physicians Building. Contact Eric Averette or Wayne Jackson at 256-235-5146.

Grief Share Support Group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays each month at 1 pm in the RMC Chaplain's office in Suite 406 in the Physicians Building. Contact the Chaplain's office at 256-235-5146.  
Mental Health Support Group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays each month at 3 pm in the RMC Chaplain's office in Suite 406 in the Physicians Building. **\*\*NOTE\*\*** Please call and confirm the meeting at 256-235-5146.

Ostomy Support Group meets the 1<sup>st</sup> Friday of each Quarter in March, June, September, and December at 1:30 for lunch in the private dining room at RMC. **\*\*NOTE\*\*** Please call and let them know you are coming so they can make sure how many people to prepare for. Please call 256-235-5146.

T.O.U.C.H. Cancer Support Group meets the 3<sup>rd</sup> Tuesday of each month in the RMC Cafeteria Overflow Dining Room. Lunch is provided. Call Wayne Jackson at 256-235-5146.

The Steel Magnolias Breast Cancer Support Group meets the 4<sup>th</sup> Tuesday of each month except for November and December at 5:15 in the Private Dining Room at RMC. A meal is provided. For more information call our office at 256-231-8827.

There is a need for an Auto Immune Support Group and a Parkinsons Support Group. They are also looking for someone to lead both groups. If you have a calling for something like this, please call Wayne Jackson at 256-235-5146.

March 17, 2025



Steel Magnolias  
P.O. Box 2208  
Anniston, AL 36202

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Nancy Burnell, President  
Brenda Parker and Cynthia  
McGinnis, Co-Vice Presidents  
Ronda Terrell, Secretary  
Pat Yates, Treasurer  
Group Chaplains: Gloria  
Woosley, Sherry Grinstead &  
Jennie Whitman  
RMC Chaplain, Jim Wilson  
Photographer, Elaine Johns

Pinks Boutique: For Appointment  
Call our Office @ 256-231-8827  
Physicians Center, STE 407  
901 Leighton Ave.  
Anniston, AL 36207

[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org)

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Email us at  
[support@steelmagnoliasinc.org](mailto:support@steelmagnoliasinc.org)

## **Steel Magnolias and Men of Steel 2025 February Meeting**

**The meeting was called to order by Elaine Johns. We had 22 in attendance including 1 guest.**

**The blessing was given by Jimmy Taylor.**

**Minutes from the previous meeting was read and motions were made by Linda and seconded by Jimmy .**

**The treasury report was made by Pat for February. The beginning balance was \$40,380.51. We had 4 checks and 1 deposit for \$22.00 which leaves an ending balance of \$39,831.46**

**Elaine introduced our speaker, Chaplain Wayne Jackson. Wayne discussed how the chaplain services started 26 years ago with Jim Wilson and he still serves today. The ages of the chaplains have gotten older and they are still recruiting younger chaplains. Some information about the chaplain services are 24/7. There are 50 plus chaplains and the oncology floor gets a visit every day. The chaplains see patients in the psych unit and detox unit. The chaplains have several meetings each week. Patient and family in-contact meetings for 2023 and 2024 was 51,183 visits.**

**Margaret talked about donating to Second Chance, that the donations will be coming from individual members of the group instead of The Steel Magnolias. Please bring donations to the March meeting. Margaret also talked about the golf tournament. They need sponsors and teams.**

**Jenny did a great devotion that reminded us that we are the Bride of Christ: how God spoke to her about her fears of not being worthy of Jesus' love through her husband, Eddie; that nothing can ever separate her from His love, Romans 8:38-39. Jenny also gave each of us a ring to remind us we are brides of Christ.**

**Sherri did the prayer list and led prayed for those on the list.**

**Door prizes winners were Jenny Whitman, Linda Barton, Norman Colt and Katie Nappier.**

**Ronda made a motion to adjourn the meeting and Janet seconded the motion.**

**Respectfully submitted;**

**Ronda Terrell, secretary**



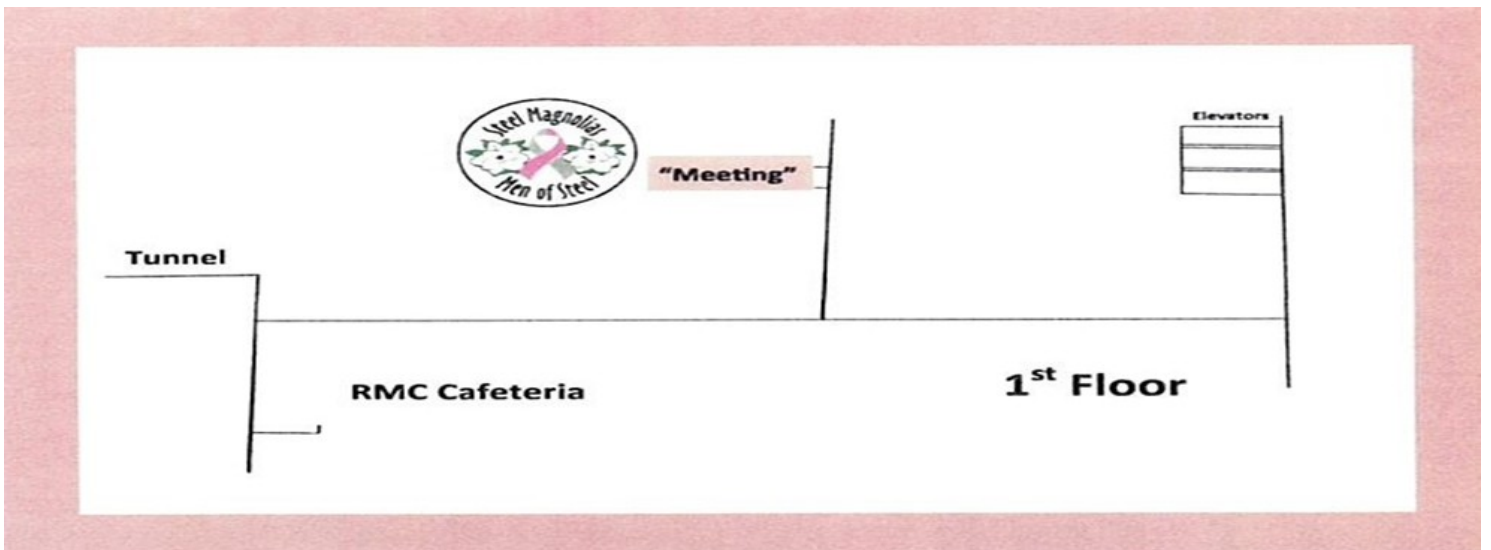
### Birthdays and Anniversaries

- April 7<sup>th</sup> is Gloria Woosley's birthday and she is a 22 & 14-year survivor!**
- April 15<sup>h</sup> is Ina Rooks' birthday and she is a 22-year survivor!**
- April 24<sup>th</sup> is Brenda Parker's birthday and she is a volunteer!**
- April 25<sup>th</sup> is Shirley Forbus' birthday and she is a volunteer!**

### Up Coming Events

**March 25<sup>th</sup> 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 only. We will have visitors from Sunlight Missionary and they are bringin desserts. Our guest speaker is Michelle Brown from Forge, a breast cancer support group in Birmingham. Their website is [forgeon.org](http://forgeon.org) if you would like to see what all they offer cancer patients. We are very excited to have them come and speak to our group. Don't forget to bring donations for the shelter. 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.**





April 14<sup>th</sup> 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 April 9<sup>th</sup>.

May 10<sup>th</sup> will be the 16<sup>th</sup> Annual Lea Fite Golf Tournament at Pine Hill Country Club. We will have more information on the tournament at our meeting.

#### Balela Salad, Don's Version

- 1 large container mixed salad
- 1 cup cooked or canned chick peas (rinse if canned)
- 1 cup cooked or canned black beans (rinsed if canned)
- 2 Tbsp fresh parsley, chopped
- 1 Jalapeño pepper, seeded, minced (optional)
- 1-2 cup cherry tomatoes
- 1/2 head cauliflower chopped into bite sized pieces
- 1 yellow bell pepper, seeded chopped

#### Dressing:

- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Balsamic Vinegar
- 1 orange (juiced)
- 1 clove garlic, minced (optional)

Rinse mixed salad, parsley, tomatoes. Place in a large bowl. Then add the remainder of the salad ingredients. Whisk or blend the salad dressing ingredients and then add to the salad and mix. Add the juice of another orange if the dressing is too tart (some Balsamic vinegars can be very tart. I use Kirkland brand Balsamic Vinegar which has a sweeter taste).

Please look up Balela Salad on the internet to see the original recipe. I have modified my recipe over the years to accommodate my family's tastes and my budget.

#### Creamy Peppercorn Ranch Dressing

- 3/4 Cup low-fat plain Greek yogurt
- 1/3 Cup grated Parmigiano-Reggiano cheese
- 1/4 Cup low fat buttermilk
- Juice of one lemon
- 2 tsp freshly ground black pepper
- 1/2 tsp onion flakes
- 1/4 tsp salt (optional)

In a blender or food processor, puree the yogurt, cheese, buttermilk, lemon juice, pepper, onion flakes, and salt on medium-high speed until the dressing is completely smooth and creamy.

Per Serving: (2 Tbsp): Calories 35, Total Fat 1 gm, Protein 4 gm, Carbohydrate 2 gm, Sodium 133 mg

#### Greek Salad Dressing

- 1/2 cup Extra-virgin olive oil
- Juice of one lemon
- 4 tsp minced garlic
- 1 Tbsp dried oregano
- 1 tsp dried basil
- 1/2 tsp Dijon mustard
- 1/2 cup red wine vinegar

In a medium bowl, whisk together the olive oil, lemon juice, garlic, oregano, basil, pepper and mustard. Whisk in the red wine vinegar until emulsified. Serve immediately. Refrigerate any leftovers in an airtight container.

Per Serving: (2 Tbsp): Calories 89, Total Fat 9 gm, Protein 0 gm, Carbohydrate 1 gm, Sodium 3 mg

## Avocado Dressing

1 ripe avocado, pitted  
1/4 cup water  
1/4 cup extra virgin olive oil  
1/4 cup balsamic vinegar

### Optional:

1 Tbsp fresh dill  
1 clove garlic

Mix all ingredients in a blender.

Here are the recipes that Donnie DiValentin sent me of the salad she brought to the meeting. I told her she would have been very pleased at our table of food at the February meeting. It was much more colorful than the January meeting.

She provided some websites for recipes for eating healthier: [Mayoclinic.org](http://Mayoclinic.org)  
[EatingWell.com](http://EatingWell.com)      [Nutritionfacts.org](http://Nutritionfacts.org)

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## Presidents Corner

Hey everyone! I want everyone to know that we need members to attend our meetings. Every quarter we turn in our number of care packages we send out, the number of clients we help in pinks and the number of people attending our meetings to the Cancer Board here at RMC. It is very important that you attend. Please send in some helpful tips for cancer patients. If you have something that really helped you on your journey, please share it with us. I also need some good clean jokes! Everyone needs to laugh, remember "laughter is the best medicine". I would like for someone to share their story. It is always helpful to hear someone's story of a journey that you are facing. There are times that people have no one to talk to and this is a way of connecting. If you have something to share, please send it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or mail to Elaine C/O Steel Magnolias PO Box 2208 Anniston, AL 36202.

Don't forget the items needed at the shelter.

Body Wash

Tampons

Feminine hygiene products

Deodorant

Conditioner

Shampoo

African American Hair products

Razors

Women's underwear sizes 6-10

Socks

Bras all sizes

Leggings

t-shirts

Diapers size 4-5

Wipes

Boys and Girls underwear and socks

Towels

Wash clothes

Toilet paper

Bleach

Dishwashing liquid

Laundry detergent

Lysol spray

Garbage bags

Sheets twin and full sizes

\$10 gift cards for gas

We all can help, you don't have to buy everything. Just bring one thing and it will help.

TEE IT HIGH, LET IT FLY SUPPORT THE GIRLS!  
16<sup>th</sup> ANNUAL  
LEA FITE MEMORIAL GOLF TOURNAMENT

MY 10th, 2025----Pine Hill Golf Course

FORMAT: 3 Man Scramble----Cost is \$80/Player or \$240 Team

START TIME: 8:00 a.m.---- Shotgun Start  
Lunch will be provided following play

Player No. 1 Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No. and E-mail \_\_\_\_\_

Player No. 2 Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No. and E-mail \_\_\_\_\_

Player No. 3 Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No. and E-mail \_\_\_\_\_

PRIZES BASED ON FULL FIELD!!!

1<sup>st</sup> Flight  
1<sup>st</sup> Place Team: Paid Entry to  
Sunny King Classic  
2<sup>nd</sup> Place Team: \$300

2<sup>nd</sup> Flight  
1<sup>st</sup> Place Team: Paid  
Entry to Sunny King Classic  
2<sup>nd</sup> Place Team: \$210

SPONSORSHIP OPPORTUNITIES:

Door Prize

Hole: \$100 Bronze: \$250 Silver: \$500 Gold: \$750 Platinum: \$1000 PINK: \$1250 AND UP

CONTACT NAME: \_\_\_\_\_

NAME OF BUSINESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Checks should be made payable to **Steel Magnolias Inc.** and mailed to:

Jimmy Taylor  
81 Amy Court  
Heflin, Al. 36264.

Cell: 256-201-3218  
Email: tjimmeg63@aol.com



**Riverdance was invented by an Irish family with 7 kids but only one toilet.**

**I once asked my math teacher if we will ever use Algebra in life. He said, "You won't but one of the smart kids might!"**

My wife makes us put \$5 in the "find jar" every time we make her find something we can't locate in the house. After 4 months of saving, today we are going on a Disney vacation!.....

When I see rich, snooty looking women at the grocery store, I pretend I need something and say, "excuse me, do you work here?" just to help keep it real!

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17." The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands of those who read Mark 17. Every hand went up. The minister smiled and said, "Mark has only 16 chapters. I will now proceed with my sermon on the sin of lying."

**I watch so many crime programs that when I turn off the TV, I wipe my fingerprints off the remote!!**

I just had a physical. The doctor said, "Don't eat anything fatty. I said, "like bacon and burgers?" "No fatty, don't eat anything!"  
.....

**All of us older folks know all about living on the edge. We used to answer the phone without knowing who it was.**

Last night, I had a horrifying dream that disco was actually making a comeback.

**What do you get when you cross a bear and a mountain lion?**

**Killed. You get killed.**

At first, I was afraid. I was petrified.



# PRAYER OF JABEZ

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

ASK	FAITH	LORD	SERVANT
BELIEVE	FAVOR	LOYAL	STRONG
BLESSING	GOD'S WILL	NAME	TERRITORY
BOLD	GRANTED	NOW	TRUST
BOUNTY	HEART	PAIN	URGENT
DEPEND	HONORABLE	PATH	
DIRECT	IMPACT	POWER	
ENLARGE	JABEZ	PRAYER	
EXPECT	LIFE	PRESENCE	

Created by Donna Houston  
10/12/16