

Steel Magnolias

Breast Cancer Support Group, Inc.

Abundant Harvest—Grateful Hearts

November 18, 2013

Fall's Golden Leaves

My fascination with Autumn in Alabama began in 1963. My family moved to Calhoun County in July of that year. We arrived in Anniston on July 3, which incidentally, is the anniversary of my wedding day.

Having grown up in Collier County, Florida, I'd never seen the breathtaking beauty, when trees become clothed in rich gold, russet and maroon. The sight inspired me to write poetry, exclaiming the beauty of Autumn's bouquet. A verse from two poems is as follows:

Seasons of Life

*Lenora Washington Johnson
Oh Life, so full, so rich so sweet
From which there is but one retreat.
So like the seasons of the year,
You bring laughter, joy, sadness and fear.*

Ben and Louise

*Lenora Washington Johnson
Till death do us part, pledged Ben and Louise,
Standing on their homestead, among
Fall's golden leaves.
Their home would be humble, their
rooms but a few.
Peacefully they lived, and their children
numbered two.*

Ben and Louise are imaginary people who married and lived out their lives on an Alabama farm. However, my niece, Julie McGathy and the love of her life, Wes Couch, on October 26, stood among Fall's golden leaves and pledged wedding vows. On the evening of November 1, 2013, many friends and family mem-

bers gathered at Classic Too, to celebrate the marriage of Julie and Wes. The event was beautiful and rich with emotion as both family members and friends saluted the happy couple. Julie honored me by asking that I read —

"An Irish Blessing,"

*May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your
face, the rains fall soft upon your field.
May the light of friendship guide your
paths together.
May the laughter of children grace the
halls of your home.
May the joy of living for one another
trip a smile from your lips, a twinkle
from your eyes.
And when eternity beckons, at the end
of a life heaped high with love, May the
good Lord embrace you with the arms
that have nurtured you the whole
length of your joy filled days.
May the gracious God hold you both in
the palm of His hand.
And today—may the spirit of love find
a dwelling place in your hearts.*

As I sat in that magnificent dining room, I couldn't help thinking about Dr. Kelly Flanagan's beautiful letter to his daughter. As promised in the October letter:

*Dear Little One
A Letter to My daughter
by Dr. Kelly Flanagan
from drkellyflanigan.com*

Recently, your mother and I were



Sharing love through support

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

Lenora Johnson, Founder, Editor,
Executive Director
Elaine Johns, President
Nancy Gillespie, Vice President
Connie Stephens, Secretary
Chuck Trull, Treasurer
Group Chaplains: Marti Rogers &
Sherry Grinstead
RMC Chaplain, Jim Wilson

Pinks Boutique: Marti Warren, Mgr.
For Appointment (256) 239-0855

Office 256-231-8827
Physicians Center, STE 407
901 Leighton Ave.
Anniston, AL 36207
lenora@steelmagnoliasinc.org
www.steelmagnoliasinc.org

*searching the Internet, and
Google returned a list of the most
popular searches in the world.
Perched at the top was "How to
keep him Interested."*

*It startled me, I scanned several
of the countless articles about
how to be sexy, when to bring*

him a beer versus a sandwich, and the ways to make him feel smart and superior.

And I got angry.

Little One, It is not, has never been, and never will be your job to “Keep him interested.”

Little One, your only task is to look deeply in your soul—in that unshakable place that isn’t rattled by rejection and loss and ego—that you are worthy of interest. (If you can remember that everyone else is worthy of interest also, the battle of your life will be mostly won. But that is a letter for another day.)

If you can trust your worth in this way, you will be attractive in the most important sense of the word: You will attract a boy whom is both capable of interest and who wants to spend his one life investing all his interest in you.

Little One, I want to tell you about the boy who doesn’t need to be kept interested, because he knows you are interesting:

I don’t care if he puts his elbows on the dinner table—as long as he puts his eyes on the way your nose scrunches when you smile. And then can’t stop looking.

I don’t care if he can’t play a bit of golf with me—as long as he can play with the children you give him and revel in all the glorious and frustrating ways they are just like you.

I couldn’t care less how he votes—as long as he wakes up every morning and daily elects you to a place of honor in your home and a place of reverence in his heart.

In the end, Little One, if you stumble across such a man like that, and he and I have nothing else in common, we will have the most important thing in common: you.

*Your eternally interested guy,
Daddy*

(NOTE) Thank you Dr. Flanagan for writing such a beautiful letter and for giving Steel Magnolias permission to include your important guide to your daughter with all the mothers, fathers and daughters who will read this newsletter.) I encourage everyone to log, onto drkellyflanigan.com and like Dr. Kelly Flanagan on Facebook.

Thanksgiving and Christmas

For me, the first cold day, just before Day Light Saving Time comes to a close, heralds the beginning of the Thanksgiving/Christmas season. As we enter this beautiful time, a time of honoring those who mean the most to us and then in a few weeks, celebrating the incarnation of God the Son, let us remember to give thanks for what is most important, our HOPE in Christ, the family he blessed us with and the friends and extended family who make life worth living.

We all love receiving gifts from under the tree, but truth be known, life’s most precious gifts cannot be bought. Happy Thanksgiving and Merry Christmas to my family and to my wonderful friends. I trust everyone will enjoy every moment of this beautiful season!

Incredible Breast Cancer Awareness Month

It is with grateful hearts that Steel Magnolias reports activities during the month of October that helped provide funding for the purpose of support, comfort and care of local and regional breast cancer survivors, patients in treatment, newly diagnosed patients and education for those not yet diagnosed. A special thank you to Steel Magnolias members and those serving in honor or in memory of a loved one.

OCTOBER 2013 Calendar Events
Steel Magnolias Breast Cancer Awareness Month-Speakers & Fundraisers

October 5: Steps to Help Walk in Ranburne—Report & pictures in October letter. Walk earned \$2500

October 11: Alexandria Cheerleaders raise \$183.43—Report & pictures in October letter.

October 12: International Day (Hispanic Day at JSU)-report in October letter

October 14, 2012: Pink Heals Tour at Anniston Fire Dept.—Report in October letter

October 17, 2014: Swinging Stars Square Dance Club Silent Auction at Bynum Civic Ctr. Club raised \$713.00—Caller, Bobby Delph donated his \$75 fee.

October 19, 2013: Stoked Cross Training workout for Breast Cancer Awareness Month. Anthony and Buffi Stokes invited members to participate in a special event to help local breast cancer patients. Stoked CrossFit members contributed \$900.

October 22, 2013: Hobson City Senior Citizens (Stephanie Thornton was special guest speaker, Marti Rogers assisted.

October 23, 2013: Residence Life Breast Cancer Walk at JSU-Shannon L. Coleman organized walk. Margaret Taylor and Nancy Burnell each spoke, in front of Bibb Grave's Hall, before the walk started.

October 24, 2013: Quality of Life Breast Cancer Forum (Lenora represented Steel Magnolias on the panel—Stephanie Thornton & Marti Rogers greeted guest at the SM table.

October 25, 2013: Zumbathon at Oxford Civic Center. Event organized by Chris Dudchuck. Eight Zumbathon instructors participated. Party in Pink raised \$300 to fund Steel Magnolias' services. Six Steel Magnolias helped with the event: Judy Elders, Janet Reese, Nancy Gillespie, Elaine Johns, Brenda Cosper, and Marti Rogers

October-entire month: Brighton Collectibles at the Summit sold beautiful bracelets to fund two nonprofits of choice-Steel Magnolias and Birmingham Breast Cancer Research Foundation. Receipts will be published in the January newsletter. Oct. 12, four Steel Magnolias greeted shoppers at the Summit and promoted the work of Steel Magnolias .

October-entire month: Warren Family Affair (Marti's RAJ) at Cotton Antiques and collectibles jewelry sales of \$200

Other activities during Breast Cancer Awareness Month

Sue Lane donated 16 Avon Cosmetic bags furnished with Avon products. District Mgr. Samantha Dowd and Renae Roszell, owner of Quintard Mall Avon Beauty Center, contributed very large supply of Avon products for Steel Magnolias' care packages and Kelanee Lawley, an Avon distributor with Ms. Dowd, in memory, of her mom, contributed \$100.

Tuesday Bear Huggers continues to be faithful to contribute their beautifully sewn and packaged care packages and the Homemakers & Community Leaders' sewing group, under the direction of Marilyn Lawson, continues to make beautiful cloth tote-bags that are screen printed at the Opportunity Center.

Margaret Taylor conducted a Steel Magnolias School Girl Awareness Program, follow-up visit at Cleburne Co. Tech. School.

Elizabeth and Paul McCabe, spent the day at Jacksonville Post Office, promoting breast cancer stamps. On Friday, October 18, Paul and Elizabeth greeted people and distributed Steel Magnolias' brochures. They helped the post office sell 500 breast cancer stamps.

We are thankful for every contribution from individuals who support the work of Steel Magnolias. Every contribution is tax exempt, whether the contribution is monetary or much needed items distributed through Steel Magnolias' Pinks Boutique.

Photo Journal



Swinging Stars Square Dance & Silent Auction



1
Jacksonville Post Office



2



3

- 1. Postmaster, Aimee Benson, Paul & Elizabeth
- 2. Aimee Benson, Bill Mehan, & Paul McCabe
- 3. Supervisor, Cindy Stampley & PO workers



Residence Life Breast Cancer Walk at JSU, Sponsored by Shannon L. Coleman, MSHE, Residence Life Coordinator-Logan & Patterson Halls



Quality of Lifer volunteers honored for faithful service.

A Pink Carpet Affair, an annual breast cancer awareness forum conducted each year in the Wayne C. Rowe Auditorium at Quality of Life in Gadsden, was something special. Two people who were so outstanding that I hope to make them part of a Steel Magnolias event were, Claudia Johnson and Tommya Worthy.

Ms. Johnson came to Gadsden from Quality of Life in Tuskegee. I heard people saying, “You should have your own TV show” and “You should be giving autographs.” She would be the perfect guest for the Steel Magnolias New Beginnings Banquet.

Tommya Worthy, is a freshman, Honor student and cheerleader at Gadsden City High School. She is a member of the Lil VIP “Victory in Praise” team at New Destiny Christian Church. She danced to a musical edition of “I know the plans I have for you.” Jeremiah 29:11—I look forward to bringing Ms. Worthy to a Steel Magnolias event.





**IT'S NOT ABOUT
BEING BETTER
THAN SOMEONE ELSE
IT'S ABOUT
BEING BETTER
THAN YOU
WERE YESTERDAY**



Buffi & Anthony Stokes

Stoked CrossFit is located at 3216 AL Hwy. 215, Oxford, AL. Anthony Stokes-Owner is a CrossFit level 1 trainer. CrossFit is a private fitness club. Check them out by logging onto www.StokedCrossfit.com call (256) 390-6581

A New Day

*When you awake in the morning
And see the brightness of the morning sun,
Lock the door on yesterday
And throw away the key.
For God has given you a brand new day,
Another day of love and laughter
Seize every moment before it flies away.
For sweeter than the fragrant flower
Is each precious golden hour.
Make today your best day*

*The power is yours alone.
Make today the happiest and the best
You've ever known.
Yesterday is gone, as in a dream
Tomorrow is a vision still unseen.
Today is yours to live
It's treasures you can use.
It can be your best day
We celebrate with you
~~Anonymous~~*

Steel Magnolias & Men of Steel Meeting

Tuesday, October 22, 2013, the Steel Magnolias Breast Cancer Support Group, Inc., met in the private dining room, 1st floor of Anniston RMC. The meeting was presided over by President, Marti Warren who began the meeting at 5:00 P.M. The meeting had a large number of visitors attending. The president reported that there was a full agenda for the meeting to be covered following the meal. Steel Magnolias' Chaplain, Ms. Sherry Grinstead provided a blessing for the outstanding meal of chicken fingers and condiments, provided by the RMC Cafeteria with side dishes and desserts provided by Steel Magnolias members.

Business Meeting

Following the meal, President Marti Warren opened the meeting and introduced Chaplain Sherry Grinstead for her comments for the night. Sherry conducted a beautiful "food for thought" presentation in short anecdotes of life and how each person should accept personal adversity to change our environment for the better not to harden our lives against it.

President Warren then introduced Ms. Nancy Burnell, Chairperson of the Welcoming Committee, who recognized new member, Ms. Dianne Martin. Treasurer, Ms. Burnell, did not have the club books available but noted that the group was doing very well and would have a full report at the next meeting. President Marti Warren provided a report of her Recycled Antique Jewelry donations to Steel Magnolias since October 2002. Donations to Steel Magnolias Breast Cancer Support Group, which can be verified have been \$14,680.80.

President Warren then introduced Ms. Marilyn Lawson, Chairperson of the nominating committee for a report on recommended new officers for 2013-2014. Marilyn reported the new board of directors as follows:

BOARD of DIRECTORS

Founder/Executive Director-Lenora Johnson

Chairman-Debi Kaufman

Vice Chairman-Marti Warren

Secretary- Margaret Taylor

Treasurer-Chuck Trull

Advisor-Chaplain Jim Wilson

Board Member-Dr. Cynthia Fletcher

Board Member-Nancy Burnell

STEEL MAGNOLIAS for 2013-2014

Founder/Executive Director/Head of Community Relations-Lenora Johnson

President-Elaine Johns

Vice President-Nancy Burnell

Secretary-Connie Stephens

Treasurer-Chuck Trull

Chaplain-Sherry Grinstead

Advisor-Chaplain Jim Wilson

Office Manager/Communications Chaplain-Marti Rogers

President Marti Warren requested nominations from the floor. There being none, Marti asked for affirmation that the slate of officers be accepted. There were no objections and the slate of officers for 2013-2014 was approved. President Warren gave a report on the Swinging Stars Silent Auction and the Alexandria Cheerleaders' fundraiser The Zumbathon to be held at Oxford Civic Center will share receipts with Steel Magnolias. Marti Rogers reported that the Zumbathon has requested volunteers (at least 6) to help with the event. Elaine Johns noted that volunteers should wear Steel Magnolias shirts to be seen by the community. President Warren asked for any old or new business remaining to be discussed. There being none, Marti asked for a motion to adjourn. Ms. Linda Barton made a motion to adjourn and Ms. Nancy Burnell seconded. The meeting was adjourned. In the absence of Secretary, Margaret Taylor.....

Respectfully submitted by Alt-Secretary, Chuck Trull

Financial Report

October		Balance brought forward	\$28,676.66
01 (-)	200.00	Lenora Johnson-Monthly expense	28,476.66
15 (-)	111.00	The Anniston Star-Dining Voucher Bazaar Ad	28,365.66
15 (-)	65.98	Lenora Johnson-Reimburse for office supplies	28,299.68
15 (-)	19.50	Kyuka Waters-Anniston Oncology	28,280.18
15 (-)	59.00	Moore Printing-Sept Newsletters, 35, 8 name badges 24	28,221.18

21 (-)	54.75	Lenora Johnson-Roll of Stamps for office and care pkg. to Florida	28,166.43
24 (+)	165.00	Deposit-Memorial to Prentiss Johnson 50, Hair bow sale 5, McGinnis family donation 10, Welch family donation 100	28,331.43

Joggin' Inside

Comebacks

A newlywed couple moves into their new home. One day the husband comes home from work and his wife says, "Honey, you know, in the upstairs bathroom one of the pipes is leaking, could you fix it?" The husband says, "What do I look like, Mr. Plumber?" A few days go by and he comes home from work and his wife says, "Honey, the car won't start. I think it needs a new battery. Could you change it for me?" He says, "What do I look like, Mr. Goodwrench?" Another few days go by, and it's raining pretty hard. The wife finds a leak in the roof. She says, "Honey, there's a leak on the roof! Can you please fix it?" He says, "What do I look like, Bob Villa?" The next day the husband comes home, the roof is fixed. So is the plumbing. So is the car. He asks his wife what happened. "Oh, I had a handyman come in and fix them," she says. "Great! How much is that going to cost me?" he snarls. Wife says, "Nothing. He said he'd do it for free if I either baked him a cake or slept with him." "Uh, well, what kind of cake did you make?" asks the husband. "What do I look like," she says, "Betty Crocker?"

Blonde Joke

A blind guy on a bar stool shouts to the bartender, "Wanna hear a blonde joke?" In a hushed voice, the guy next to him says, "Before you tell that joke, you should know something. "Our bartender IS blonde, the bouncer is blonde. I'm a 6' tall, 200 lb. black belt. The guy sitting next to me 6'2, weighs 225 and is a rugby player. The fella to your right is 6'5" pushing 300 and he's a wrestler. Each one of US is blonde. Think about it mister. Do you still wanna tell that joke?" The blind guy says, "Nah, not if I'm gonna have to explain it five times." Courtesy of Pokey.....Anniston, AL

What's In A Name

Do you remember the famous Olympic skier, Picabo Street (pronounced Pee-ka-boo). Well, Picabo is not an athlete anymore. She is now a nurse currently working at an Intensive Care Unit of a large metropolitan hospital. She is not permitted to answer the hospital telephones any longer. It caused too much confusion when she would answer the phone and say, "Picabo, I C U." Courtesy of Pokey.....Anniston, AL

My Next Wedding

Laney, age 92, and what's her name, age 89, living in Jacksonville, are mall excited about their decision to get married. They go for a stroll to discuss the wedding. On their way they pass a drugstore. Laney suggests they go in. Laney addresses the man behind the counter: "Are you the owner?" The pharmacist says, "Yes." Laney: "We're about to get married. Do you sell heart medication?" Pharmacist: "Of course we do." Laney: "How about medicine for circulation?" Pharmacist: "All kinds." Laney: "Medicine for rheumatism?" Pharmacist: "Definitely." Laney: "How about suppositories?" Pharmacist: "You bet!" Laney: "Medicine for memory problems, arthritis, Alzheimer's?" Pharmacist: "Yes, a large variety. The works." Laney: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?" Pharmacist: "Absolutely." Laney: "Everything for heartburn and indigestion?" Pharmacist: "We sure do." Laney: "You sell wheelchairs, walkers and canes?" Pharmacist: "All speeds and sizes." Laney: "Extra large diapers?" Pharmacist: "Sure." Laney: "We'd like to use this store as our Bridal Registry." Courtesy of Elaine...Oxford, AL

Turkey Humor

A lady was picking through the frozen turkeys at the grocery store but couldn't find one big enough for her family. She asked the stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No ma'am, they're dead."

Can a turkey jump higher than the Empire State Building? Yes-a building can't jump at all.

A poultry farmer was experimenting to breed turkeys with more legs for greater profit. While narrating the results to his friends, he told them the turkey had six legs. His friends got excited and eagerly asked "What about the taste?" The farmer said with a long drawn face, "Do you think it is easy to catch it?"

Q-What did the mama turkey say to her naughty son? A-If your papa could see you now, he'd turn over in his gravy! Courtesy of Becky.....Weaver, AL

Merry Christmas and a Happy New Year - See you in 2014