

Steel Magnolias

Breast Cancer Support Group, Inc.

Tunnel Vision

March 17, 2014

EVALUATION

Whether in the activities of an individual life, the activities in the life of a family or in the activities of an organization, it is essential to take inventory of what we are doing and of what our focus has become. I have heard this process called growing pains. It is important in our evaluation to ask God for wisdom and to look at the whole of the history and the foundation of the person, family or organization being evaluated and act on facts, and not assumption.

The foundation of Steel Magnolias Breast Cancer Support Group, Inc. is "The Prayer of Jabez." Everything we do is measured by that prayer. This guideline prevents us from making any decision that could potentially have an adverse affect on any patient.

With technology has come better ways of communicating. I am pleased that Steel Magnolias' new president is far more computer literate than me or officers who preceded her. Therefore, while staying true to our foundation, we are able to better communicate with each other and those helping with the website and Facebook. Becky Tiner and Connie Baker have another computer literate person with whom to work.

Suggestions have been made about how to make the newsletter more relevant. One suggestion was to include a survivor story in each issue. If you wish to share your story, please email it to me....Lenora@steelmagnoliasinc.org or mail your story to Steel Magnolias, P.O. Box 2208, Anniston, AL 36202.

Our first survivor story comes from someone well known in Calhoun Co. and a Steel Magnolias' member.

My Journey by Nancy Burnell

As you know, everyone who has ever had cancer has their own story to tell. They are all different, as is every individual. It is difficult to know where to begin as you share events in your life, but I will start here. I was born in 1948 and blessed with wonderful parents. We were a middle class family, my Dad was a minister and my mom was a supervisor at the telephone company I was brought up in church, started playing the piano at the age of five and asked Jesus into my heart at the age of eight.

The first time I ever heard the word cancer, I was about six years old. In the fifties, it was a big deal to visit someone in the hospital because children were not allowed to enter patient rooms. My paternal grandmother had cervical cancer (surgery and treatments, I cannot recall the type) which meant nothing to me at the time. She was in remission and lived a healthy and active life until she was faced with colon cancer at the age of 77 (she had surgery with a colostomy, but treatments were not recommended. She had waited too long to seek help and passed away two months later.) At around the age of 12, my maternal Grandmother had colon cancer (surgery with a colostomy, which she had the remainder of her life, but



Sharing love through support

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

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Nancy Gillespie, Vice President
Connie Stephens, Secretary
Chuck Trull, Treasurer
Group Chaplains: Marti Rogers &
Sherry Grinstead
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required no treatments.) Being older (and her living with us), I saw the lifetime effect of this cancer and knew it was something I hoped never to face. She lived until the age of 88 cancer free.

In 1969 (age 21), I gave birth to

a precious daughter (with Turner's Syndrome, a genetic disorder) and 12 years later (age 33) was blessed with another beautiful and healthy daughter. At the age of 35, I began having very heavy menstrual periods which continued until my late thirties, when they became very irregular. Menopause had begun. My OB/GYN suggested that I consider having a hysterectomy. Finally at the age of 50, I consented.

While recuperating from surgery, I received a call from my Dad informing me he had been diagnosed with colon rectal cancer. He had radiation prior to surgery (to reduce the size of the tumor), a colostomy for life with surgery and chemo followed. During his four and one half year battle with this disease, it had metastasized to his lungs and liver. He passed away in January, 2002. My whole world was turned upside down. I didn't think things could ever be worse, but soon learned that it could. Seven months later, my first born child, (now 33) unexpectedly passed away (August, 2002) from heart and lung complications related to Turner's Syndrome. My world stopped. The death of a child (no matter the age) is the worst thing a parent can go through. I knew life would never be the same. I also never knew a heart could be so broken and one could still survive. For months I was in a daze. Only with my faith in God and the love and understanding of my family and friends was I slowly able to bring life back to my soul.

I was always conscious about my health and went for my yearly physical regularly. In my thirties, I was told I had fibrocystic breasts. They were tender and somewhat painful at times, no lumps, but, my OB/GYN kept a watchful eye on my mammograms for any changes. In my mid forties, I began having cysts from time to time that were removed or aspirated....always benign. Once the cysts started, I began having a mammogram prior to my yearly OB/GYN appointments. My visit in December, 2002 was routine. In December 2003, after examining me, my doctor said to me, he felt no lump in my breast but there was a change in my mammogram. I was sent directly to a surgeon and a biopsy was scheduled the next week. Later in the week, the surgeon called and said the biopsy revealed cancer, but it appeared to be contained. I was very calm, but still grieving for my Dad and Daughter. In my heart I didn't believe I could go through anything else traumatic. I knew at that moment that my strength for this battle would have to come from only one source....God. I remember hanging up the telephone, bowing my head and turning it all over to Him.

At this time of year, the Christmas holidays were upon us and surgery was scheduled for the first week in January. We arrived at the hospital at 5:00 a.m. and went, into surgery at 6:30 a.m. The surgery lasted approximately six hours because I elected to have TRAM reconstruction after the mastectomy. My surgeon, during the course of the surgery removed a clump of six lymph nodes, sent them to the lab....they all tested negative for cancer. In his wisdom, (and God's guidance) he decided to remove another small clump of five lymph nodes that were close in proximity to the first six. This was a life changing decision, for this batch had one positive lymph node. This was a huge revelation for my cancer and the course of treatment, it was now stage II instead of I. It was not contained as first believed and was very aggressive. It was identified as Triple Negative, Infiltrating Ductal Carcinoma (not good). My BRACA1 and BRACA 2 test results were negative (good).

Three weeks after surgery, I began chemotherapy. No radiation was required. Six months after completing chemo, I was introduced to Steel Magnolias breast Cancer Support Group (and Men of Steel). What a blessing it has been for me to be involved in this wonderful group of Christian women and men. We are all in the same sorority (that of breast cancer or its effect), certainly not by choice, but each needing love, support, understanding and a greater knowledge of this disease in order to help others who will be affected.

In closing....two years ago, I lost my Mother to COPD and Husband to Glioblastoma (six months apart). I now am very involved in my church (where I play the organ), community affairs and of course Steel Magnolias (where I have been honored to serve as Treasurer and on its Board).

If I could describe my life in one word, it would be BLESSED. Blessed that I had wonderful Christian parents who taught me right from wrong, blessed by grandparents who led by their example, blessed that I was married to my soul mate and best friend, blessed that I had 33 years with my oldest daughter before her passing, blessed that my younger daughter is healthy and happily married, blessed that I have two other sons, daughters-in-law and a precious grandson, blessed that I am here 10 years after breast cancer and living life actively, blessed with wonderful friends and blessed to know that I have Jesus in my heart.

Remember, we all have a story to tell. Be a blessing to others.

.....Important Reminder.....

The Lea Fite Memorial Golf Tournament is Steel Magnolias' biggest fund raiser. We encourage members volunteers and anyone who supports the work of Steel Magnolias in our community, we need your help. With hole sponsors and

and door prizes for our golfers. Please contact Jimmy Taylor (256) 463-7620 to learn how you can become more involved in this exciting annual event! See page 8 for more details about the golf tournament.

LIFE IS SHORT – ENJOY IT!

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

Ways of dealing with the burdens of **LIFE**:

***ACCEPT** that some days you're the **PIGEON**, and some days you're the **STATUE**.

***ALWAYS** keep your **WORDS SOFT** and **SWEET**, just in **CASE** you have to eat them.

*If you can't be **KIND**, at least have the **DECENCY** to be **VAGUE**.

***DRIVE** carefully. It's not only cars that can be **RECALLED** by their **MAKER**.

***NOBODY** cares if you can't **DANCE** well, just get up and dance.

*Since it's the **EARLY** worm that gets eaten by the **BIRD**, **SLEEP** late.

*The **SECOND MOUSE** gets the **CHEESE**.

*Birthdays are **GOOD** for you, the more you have, the **LONGER** you **LIVE**.

*Some **MISTAKES** are too much fun to only make **ONCE**.

*We could **LEARN** a lot from **CRAYONS**. Some are sharp, some are **PRETTY** and some are dull. Some have **WEIRD** names and all are **DIFFERENT COLORS**, but they all have to live in the same **BOX**.

*A truly **HAPPY** person is one who can enjoy the **SCENERY** on a **DETOUR**.

*You may be **ONLY** one person in the world to some **PEOPLE**, but to one person you may be the **WORLD**.

Steel Magnolias and Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc. met on Tuesday February 25th in the private dining room of RMC. President Elaine Johns began the meeting at 5:00 p.m. by welcoming our guest speaker, Dr. Melissa Baird, An-niston Oncology, and our new members. Nancy Burnell, Chairman of the Welcoming Committee, presented our new members; Regina, Jackson, Ellen Simpson and Carrlotta Davis with a welcome gift. Each new member was given the opportunity to share their story and diagnosis with the group.

Chaplain Sherry Grinstead asked the blessing on the food, and President Elaine Johns invited Dr. Baird and our new members to prepare their plates first. All enjoyed the baked potato meal that was provided by RMC Cafeteria and the side dishes and desserts that were provided by the Steel Magnolias members. After dinner, Vice President Nancy Gillespie introduced Dr. Baird by providing information on her educational and professional background; as well as Nancy's own personal experiences with Dr. Baird as a physician.

Dr. Baird's presentation was on the BRCA1 and BRCA2 genes and how women with the mutation of these genes can be at an increased risk for developing breast and/or cervical cancer. Dr. Baird also informed the group that men with these mutations also have an increased risk of breast cancer, and both men and women who have harmful BRCA1 or BRCA2 mutations may be at risk for additional types of cancer. Dr. Baird explained that a harmful BRCA1 or BRCA2 mutation can be inherited from a person's mother or father, and that each child of a parent who carries a mutation in one of these genes has a 50 percent chance of inheriting the mutation. She explained that a person can be tested for the BRCA1 and BRCA2 mutations with a simple blood test; however, everyone does not need to be tested. Dr. Baird told the group that there is a Gail Model website where anyone can input their family history to determine their risk of having the mutated gene, and recommended that anyone with a risk factor of at least 10 percent be screened. After her presentation, Dr. Baird answered questions from members of the group. Following the question and answer session, Nancy Gillespie thanked Dr. Baird for speaking to our group and presented her with a beautiful plant.

BUSINESS MEETING:

The minutes from February 5 meeting (make-up for Jan. 28) were read by Secretary Connie Stephens. Jimmy Taylor made a motion to accept the minutes as read and Marti Warren 2nd the motion. Prior to giving the Financial Report, Treasurer Chuck Trull thanked past treasurer Nancy Burnell for her excellent record/bookkeeping. Nancy Burnell made the motion to accept the financial report and Janet Reese 2nd the motion. The financial report was approved.

Financial Report

February		Balance Brought Forward	\$31,269.87
08 (-)	190.00	Charles Trull: Reimbursement for Mall insurance (4-19-2014)	31,079.87
08 (-)	109.96	Elaine Johns: Reimbursement for past officer gifts	30,969.91
08 (-)	165.00	Elaine Johns: Reimbursement for book purchases	30,804.91
08 (+)	625.45	Deposit: Spears contribution 50; Brighton Collectibles 574.45	31,430.36
08 (-)	35.00	Moore Printing: 50 newsletters	31,395.36
08 (-)	200.00	Lenora Johnson: Monthly Expenses	31,195.36
08 (-)	15.50	Kyuka Waters	31,179.86
12 (-)	45.00	Pokey's Photography: 50 cards @ .49 each	31,134.86
12 (-)	49.00	Steel Magnolias Office supplies & 100 stamps	31,085.86
14 (-)	27.66	Nancy Gillespie: Reimbursement for plastic report covers	31,058.20
17 (-)	79.41	Crawford's Office Supplies: Highlighters & black ink cartridge	30,978.79

Chaplain Sherry Grinstead gave a short devotional from the "Our Daily Bread" booklet, reminding everyone that they are never alone, as Jesus is always with us. We then went over the prayer list and had several people added to the list by members.

Nancy Gillespie reminded everyone about the Health Expo to be held at the Quintard Mall on March 1st and went over the list of persons that had volunteered to work that day. She also passed out the Steel Magnolias Active Member Directory and reminded everyone to send in their diagnosis so they can be added to the directory she is making to match members based on their diagnosis so that they may connect one on one.

Jimmy Taylor, Chairman of the Golf Tournament, announced that there would be a meeting at Betty's Barbecue at 5 p.m. on Monday, March 3rd to discuss the golf tournament. He invited anyone that was interested in helping to please come to the meeting.

Elaine asked anyone interested in attending classes for scarf and /or jewelry making to please sign the sheet that was being passed around. She also passed around two pocket calendars, each with a different cover, and asked members to decide which calendar cover they liked best. After taking a vote on the favorite cover, there was a motion made by Jimmy Taylor to have Pokey Warren make the calendars at a cost of \$1.35 each. Linda Barton 2nd the motion. All were, in favor and the motion was approved.

Elaine announced that Joe Weaver, RMC, COO, will be our guest speaker at the March meeting. Jimmy Taylor made a motion that the meeting be adjourned and Steve Stephens 2nd the motion. Meeting was adjourned.

Connie Stephens, Secretary





Steel Magnolias Men of Steel Meeting February 25, 2014

Many thanks to Steel Magnolias' Photographer Elizabeth McCabe for her faithfulness in always making great event pictures.



Health and Wellness Fair

The health fair went well. Margaret Taylor and Nancy Gillespie did a great job of displaying our services on the table. Linda Barton did an outstanding job telling people about the Steel Magnolias and what we do. Margaret Taylor talked to everyone in the food court about us and our upcoming events. We had a lot of people stop by our table and had around \$56 in donations. We talked to people, that stopped by our table, who have loved ones that we had sent care packages to. Thanks to everyone that came out to help. Submitted by President Elaine Johns



Joggin' Inside

Who Can We Trust These Days?!

An artist asked the gallery owner if there had been any interest in his paintings on display at that time. "I have good news and bad news, the owner replied. "The good news is that a gentleman enquired about your work and wondered if it would appreciate in value after your death. When I told him it would, he bought all 15 of your paintings." "That's wonderful," the artist exclaimed. "What's the bad news?" "The guy was your doctor....."

Courtesy of Allie.....Portland, Maine

Smart Cat

A man absolutely hated his wife's cat and decided to get rid of him. One day he drove him 20 blocks from his home and left him at the park. As he was getting home, the cat was walking up the driveway. The next day he decided to drive the cat 40 blocks away. He put the beast out and headed home. Driving back up the driveway, there was the cat. He kept taking the cat further and the cat would always beat him home. At last he decided to drive a few miles away, turn left, past the bridge, then right again and another right until he reached what he thought was a safe distance from his home and left the cat there. Hours later the man calls home to his wife: "Jen, is the cat there?" "Yes," the wife answers, "Why do you ask?" Frustrated, the man answered, "Put that SMART CAT on the phone, I'm lost and need directions!"

Courtesy of Pokey....Anniston, AL

Children's Church

It was Sunday morning, and the priest had already preached to the adults in the congregation. Now he was presenting a children's sermon. He asked the children if they knew what the resurrection was. Now, asking questions during children's sermons is crucial, but at the same time asking children questions in front of a congregation can also be very dangerous. In response to the question, a little boy raised his hand. The priest called on him and the boy said, "I know that if you have a resurrection that lasts more than four hours you are supposed to call the doctor." It took ten minutes for the congregation to settle down enough for the service to continue. Courtesy of Pokey.....Anniston, AL

50th Wedding Anniversary

A married couple went out to a nice restaurant to celebrate their 50th wedding anniversary. While driving home the wife saw a tear coming from her husband's eye. "Are you happy that we have spent 50 splendid years together?" she said. He said, "No. I was just thinking about our wedding and how your father threatened me with a shotgun that if I didn't marry you right then, he would have me thrown in prison for 50 years. Tomorrow I could have been free!"

Courtesy of Pokey.....Anniston, AL

Heard It At the Courthouse

While conducting some business at the Courthouse, I overheard a lady, who had been arrested for assaulting a Mammogram Tech, say, "Your Honor, I'm guilty but....there were extenuating circumstances." The female judge said, sarcastically, "I'd like to hear those extenuating circumstances." I did too so I listened as the lady told her story. "Your honor, I had a mammogram appointment, which I actually kept. I was met by this perky little clipboard carrier smiling from ear to ear and she tilted her head to one side and crooned, 'Hi! I'm Belinda! All I need you to do is step into this room right here, strip to the waist, then slip on this gown. Everything clear?'" I'm thinking, Belinda, try decaf. This ain't rocket science. Belinda then skipped away to prepare the chamber of horrors. With the right side finished, Belinda flipped me (literally) to the left and said, "Hmmm. Can you stand on your tippy toes and lean in a tad so we can get everything?" "Fine," I answered. I was freezing, bruised and out of air, so why not use the remaining circulation in my legs and neck to finish me off. My body was, in a holding pattern that defied gravity (with my other breast wedged between those 4 inch pieces of square glass) when I heard and felt zap! Complete darkness, the power was off! Belinda said, 'Uh-oh, maintenance is working, bet they hit a snag.' Then she headed for the door. Excuse me! You're not leaving me, in this vise alone are you?" I shouted. Belinda kept going and said, 'Oh, you fussy puppy...the door's wide open so you'll have the emergency hall lights. I'll be right back.' Before I could shout NOOO! She disappeared. And that's exactly how Bubba and Earl, maintenance men extraordinaire, found me....half naked with part of me dangling from the Jaws of Life and the other part smashed between glass! After exchanging a polite 'Hi how's it going' type greeting, Bubba or possibly Earl asked, to my utter disbelief, if I knew the power was off. Trying to disguise my hysteria, I replied with as much calmness as possible, 'Uh, yes, I did but thanks anyway.' 'Ok, you take care now' Buba replied and waved goodbye as though I'd been standing in the line at the grocery store. Two hours later, Belinda breezes in wearing a sheepish grin. Making no attempt to suppress her amusement, she said, 'Oh I am sooo sorry! The power came back, on and I totally forgot about you! Silly me, I went to lunch. Are you upset?' And that, Your Honor, is exactly how her head ended up between the clamps.....' the judge could hardly contain her laughter as she said, 'Case Dismissed!'"

Courtesy of Lenora.....Ohatsee, AL



Bake & Jewelry Sale
 Saturday April 19, 2014
 Quintard Mall
 Next to
 Bath & Body Works



9:00 am –5:00 pm
Baked Goodies
 Just in time for Easter

Mom will love.....
 Marti's 2014 Collection

Great Jewelry selections
 For Easter & Mother's Day



Steel Magnolias
Breast Cancer Support Group, Inc

For more information or to place an order for a special
 Baked Goodie, Cake or Pie....
 Call the Steel Magnolias Office (256) 231-8827
 Email <Lenora@steelmagnoliasinc.org>

Special Orders will be accepted no later than Monday, April 14, 2014

Sister Steel Magnolias Bake, Bake, Bake And/or

Please find volunteers to bake —

Each item must be wrapped in plastic wrap so shoppers can see bakery item and bakery item can be displayed in a sanitary way.

Please bring cake size boxes and good plastic or paper bags to the bake sale.

For more information or to place a special order..(256) 231-8827 or
Lenora@steelmagnoliasinc.org

Jewelry Show & Sale Marti's Recycled Antique Jewelry

**Steel Magnolias need your jewelry contribution
 Please call (256) 231-8827**

**Give your contribution to a
 Steel Magnolia/Man of Steel or carry to Suite 407 of
 the
 RMC Physicians Center
 All contributions are tax exempt, please include the
 name and address of contributor**



Swing For A Cure Lea Fite Memorial Golf Tournament Saturday, April 26, 2014

**Pine Hill Golf Course
 Sponsored by Men of Steel
 Benefiting the Services of
 Steel Magnolias Breast Cancer Support Group, Inc.
 Call Jimmy Taylor (256) 463-7620 email tjimmeg63@aol.com**

.....Mark Your Calendar.....

Tuesday, March 25, 2014: Steel Magnolias & Men of Steel Meeting, 5:00 pm in the RMC Private Dining Room. Special guest- RMC, COO Joe Weaver for a Q & A session. Be ready with questions regarding the Affordable Care Act—How changes will effect your health and insurance. This is not a political meeting! RMC will provide Turkey & Ham Croissant Sandwiches with Mayo, etc. Steel Magnolias bring side dishes and light dessert. Special guest and people attending for the first time will eat first.

Monday, April 21, 2014: Newsletter Mailing Day. Physicians Center, Suite 406 at 12:30 pm.

Tuesday, April 22, 2014: Steel Magnolias & Men of Steel Meeting, 5:00 pm in the RMC Private Dining Room. Special Guest will be Dr. Todd Scarbrough, Radiation Oncologist.