

Steel Magnolias

Breast Cancer Support Group, Inc.

Maturing

October 21, 2013



Sharing love through support

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

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Executive Director
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Keither Zeimet, Vice President
Margaret Taylor, Secretary
Nancy Burnell, Treasurer
Group Chaplains: Marti Rogers &
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had previously caught my eye. I finally matured enough to appreciate his focused and goal oriented personality.

Maturing of Steel Magnolias

I have attended two group meetings since Prentiss passed. I remember Marilyn Lawson saying,

Several individuals have told me they miss the inclusion of personal stories, similar to those woven into past newsletters. Because the road to maturity for an individual or an organization is reached in stages of growth, I have included a deeply personal story from my teen years.

Whether an individual or an organization, there are periods of growth that hopefully lead to maturity.

I've often thought how blessed I was that I didn't meet Prentiss before I did. Even though, as the eldest child, I learned very early in life, responsibility in the care of my siblings and the home in which I was reared, as a young girl, I was like every other teenager.

I well remember the first time I noticed a boy and felt my heart skip a beat. I was in the sixth grade. By the time I was 15, which is probably quite normal, I had a very healthy appreciation for the opposite sex.

Every Spring, young men came to Sunnysland to work in the watermelon shed where melons were trucked from fields to be loaded into semi-trucks and into box-cars for transport to markets in the north. Uncle Pete and Aunt Inez had a little café near the shed. Sometimes I cooked and waited tables. One year Bobby was among the young men. He was a 23 year old man from Mississippi, tall, dark and handsome, a relative of Elvis Presley. At fifteen and a devoted Elvis fan, I was in love—or so I thought. Needless to say my parents were beside themselves. When the season was over, Bobby went

back to Mississippi and left me with a broken heart.

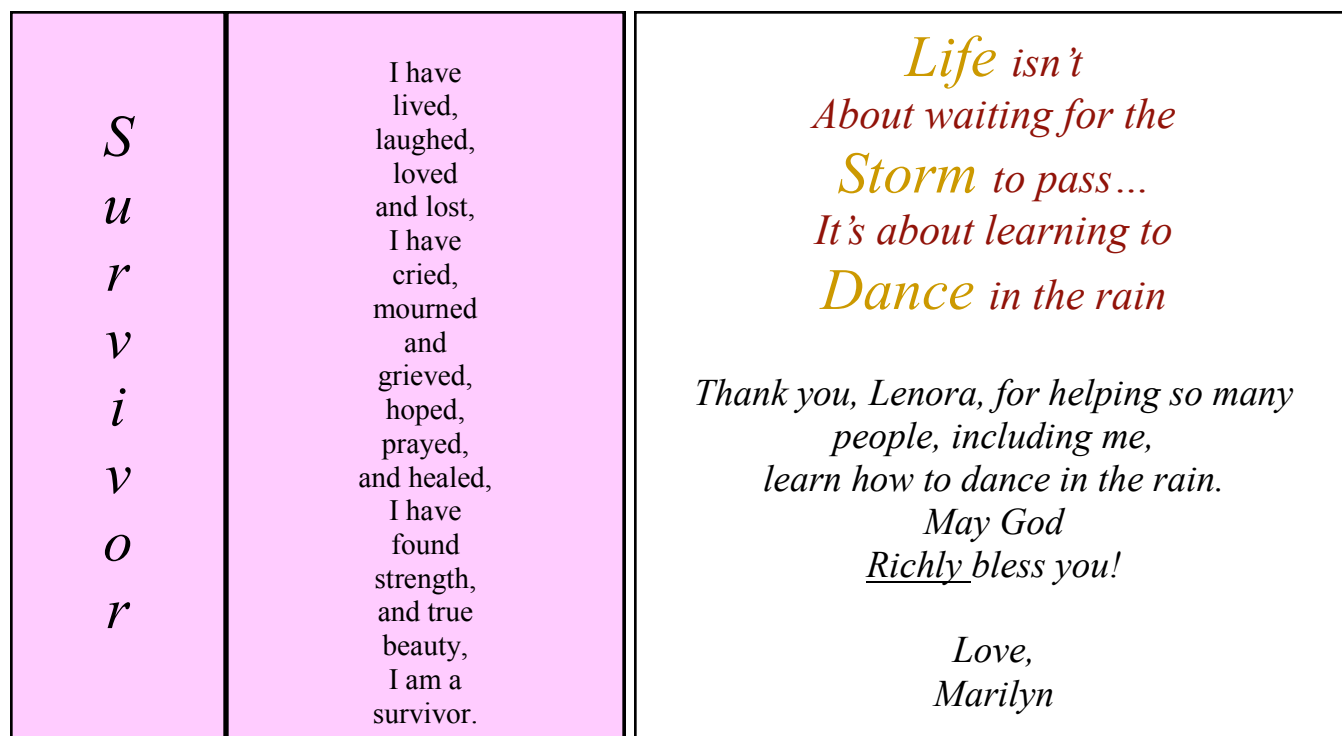
In the October issue of Reader's Digest, I recently read a beautiful letter. It is sentiment every woman will appreciate.

I emailed a request to Dr. Kelly Flanagan, asking permission to include his letter in this issue of the Steel Magnolias newsletter. Dr. Flanagan responded that he was contractually bound by Reader's Digest to not authorize any reprints of the letter until November. Dr. Flanagan went on to communicate, "It sounds like the letter would be a good fit for your October issue, which is bad luck! If you can work it into your November newsletter, please feel free to use it! And let me know if there is anything else I can do. Best, Kelly...."

Dr. Kelly Flanagan's beautiful letter to his daughter will be published in the November issue of Steel Magnolias. As our readers know, the November 18 issue is the last newsletter until January, 2014. December is reserved so that I can devote time with my family. Please consider Dr. Flanagan's beautiful letter...*A Daddy's Letter to His Little Girl* (About Her Future Husband) a Thanksgiving and Christmas gift!

As I look back on my life, I am truly thankful that I didn't meet Prentiss until I was in my mid twenties. I never appreciated boys my age so it came as no surprise that Prentiss was ten years older. However, he was such a disciplined man, not at all like the men who

“We miss you, Lenora, this is your baby.” To which I responded, “Steel Magnolias cannot remain my baby or it will be gone when I am gone.” Recently I received a hand-made card from Marilyn that is and will always be a treasure to me.



Gloria's Tribute to Steel Magnolias and Regional Medical Center

Speak Out—Anniston Star October 2, 2013

“Thanks Steel Magnolias and Regional Medical Center”

October is Breast Cancer Awareness Month, and I would like to thank Lenora Johnson for her vision and compassion to start a breast cancer support group, Steel Magnolias. These women and the Men of Steel of this support group have helped me face the most difficult time in my life. I have been in this support group since 2003. Just to be with women who have faced the same thing has really helped me. I have my wonderful God that I can lean on, but sometimes we need a human touch, a hug or just to talk about our fears to someone.

Regional Medical Center has provided our group a place to meet the fourth Tuesday of each month at 5 pm, the first-floor RMC private dining room. It also provided for our office, suite 407 of the Physicians Center. Our Steel Magnolias (Pinks) Boutique is right across from our office. It is stocked with mastectomy bras, breast prosthesis and wigs, free of charge if you need them.

I would like to thank the staff in the kitchen for providing the food for our meetings. They also provide a place to fold our newsletters. This world is a better place for people who will reach out to the ones who are hurting. If you would like to know more about our group, we are on the web: www.steelmagnoliasinc.org

Thanks again. May God richly bless you. I love each and every one of you in our group. Read Romans 13:7. Give honor to whom honor is due. Jesus loves you. Gloria Woosley.....Anniston, AL

It has been my goal to become an administrator/manager of Steel Magnolias, leaving the hands-on work to elected officers. Chaplain Wilson and I talked about it. He said, “We will make this a matter of prayer. You’ll know when the group is mature enough for you to step into a more administrative role.” Reports from group meetings, including the slate of officers recommended by the nominating committee, is evidence that Steel Magnolias, Inc. is growing into a mature support group.

I have always believed that every individual has value. Sometimes we don't know what talents are locked within us because we've never had occasion or reason to use our talents. It is working together, with a common vision and being true to our foundation, THE PRAYER OF JABEZ, that has made Steel Magnolias successful. When speaking of Steel Magnolias, even though I am the founder, I've always been careful to speak in the plural — 'we.' The following are quotes from successful "Team Builders:"

"The leaders who work most effectively, it seems to me, never say 'I. And that's not because they have trained themselves not to say 'I.' They don't think 'I.' They think 'we'; they think 'team.' They understand their job to be to make the team function. They accept responsibility and don't sidestep it, but 'we' gets the credit....This is what creates trust, what enables you to get the task done." —Peter Drucker

"One man can be a crucial ingredient on a team, but one man cannot make a team."—Kareem Abdul-Jabbar

"Talent wins games, but teamwork and intelligence wins championships."—Michael Jordan

As Steel Magnolias, our work is to provide Hope, Ease Discomfort as much as possible and Teach wounded breast cancer patients that they are still Beautiful and Vital. As we go forward, I trust Steel Magnolias will remain a safe harbor for those who need us. It is with confidence in the maturity of Steel Magnolias that I become less visible. I am not giving up my duties as Editor, Executive Director or my duties as Overall Director & Community Relations. As well, Stephanie Thornton, Gladys Denizard, Chaplain Wilson and I will continue to work towards a more intimate group, "The Steel Magnolias Caring and Sharing Group, meeting the second and fourth Monday at 1:00 p.m.

School Girl Awareness

This is the best affirmation I've heard for the Steel Magnolias School Girl Awareness Program. My grandson, who is in school at Faulkner State in Bay Minette, AL, called me last week to tell me what happened in his Public Speaking Class. A young lady was giving a required speech for the class and her subject was Breast cancer Awareness. She shared with the class about participating in a program at Oxford High School, in the Spring of 2013. She said the woman leading the program was Margaret Taylor. She went on to tell the class that following the program, she told her mother about it. When her mom told her that she had been having pain in her breast, at her daughter's insistence, she went to her doctor and was diagnosed with breast cancer. Her mom has since had a mastectomy and follow-up treatments, after which she was declared cancer free. Proof positive that this very important program is working! My grandson told me that when she mentioned my name, he said, "That's my Gram!" It took him by surprise to hear his grandmother's name in class. It is indeed a small world.

My grandson is Destin Harris and he and his family reside in Bay Minette, AL. Due to my daughter sending us the names of women diagnosed with breast cancer, Steel Magnolias has sent care packages to those women in Bay Minette.

Steel Magnolias can be very proud of the work that is done through the school girl awareness program.

Submitted by Margaret Taylor, Steel Magnolias School Girl Awareness Program Director

Steel Magnolias & Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc., met on Tuesday, Sept. 24th at 5:00 pm, in the private dining room of RMC. President Marti Warren welcomed new people. We were glad to welcome Deanna Dean back following her surgery. She looked wonderful!

Chaplain Sherry Grinstead asked the blessing on the food. The menu for the evening was baked potato bar, provided by RMC and side-dishes and desserts provided by Steel Magnolias.

Following dinner, Chaplain Grinstead presented a devotion, for dieters based on a humorous rendition of Psalm 23. She spoke to us about the storms we go through in life. She reminded us that Jesus goes with us through the storms and that the storms of our lives should only draw us closer to God and others. Storms should make us stronger and more usable by God.

Nancy Gillespie spoke to us about her journey with breast cancer. She had her first biopsy at a very young age. Nancy was pronounced cancer free after her first battle with breast cancer and then in 2011 was diagnosed with stage 4 breast cancer. Since treatment, she is stage 4-in remission. She shared with the group how, it is to live every day with a, as she stated, a death sentence. She plans to live her life to the fullest.

Marti Rogers updated the October calendar with several scheduled events.

Treasurer, Nancy Burnell gave the financial report and Secretary, Margaret Taylor read the minutes for August. Both reports were approved as presented.

President Marti Warren thanked everyone for helping to make the Dining Voucher Bazaar a success and announced the need for volunteers in the office on Tuesdays.

Elaine Johns asked about placing a water cooler in the waiting room of suite 602 for those waiting for patients having treatments. Nancy Gillespie made the motion and Deanna Dean seconded the move. The move passed.

Several door prizes were awarded and Marti Warren asked everyone to help clean up.

Meeting adjourned.
Margaret Taylor Secretary

Financial Report

September		Balance Brought Forward	\$30,372.32
01 (-)	200.00	Lenora Johnson-Monthly expense	30,172.32
13 (+)	2,247.75	Dining Voucher Bazaar-2,147.75; Sok family contribution- 100.00	32,420.07
13 (-)	2,500.00	RMC Foundation account for meal vouchers	29,920.07
14 (-)	18.00	Kyuka Waters-Anniston Oncology	29,902.07
14 (-)	91.50	Moore Printing- Bazaar Fliers, 50 newsletters	29,810.57
23 (-)	750.00	American Awards, Inc. 1000 Lapel Pins	29,060.57
24 (-)	17.49	Nancy Gillespie- Ink cartridge for suite 407 office	29,043.08
30 (-)	366.42	Margaret Taylor-Reimburse for snacks from Sam's Club for chemo Pts.	28,676.66

Photo Gallery

September 11 & 12 Dining Voucher Bazaar



STEPS TO HELP WALK in Ranburne, Alabama
October 5, 2013



Alexandria High Cheerleaders' Awareness Contribution
Half-time October 11, 2013



Thank-you Alexandria Varsity Cheerleaders for your work on behalf of Steel Magnolias! \$181.43!! Thank you cheerleader Coach, and BC survivor, Christie Jennings! Thank you Elizabeth McCabe for being there and for great photography!

Pink Fire Truck Heals Tour
Monday, October 14
Anniston Fire Department



Steel Magnolias Breast Cancer Support Group, Inc.
 is thankful to the 17th Street, Anniston Fire Department for inviting us to be part of this inspiring event! Great work! Thanks, Kat.



Thank you, Elizabeth McCabe for such great pictures! As the cameras, high above the roof of Station no. 1, snapped pictures of all participants who stood in front of the Pink Heals fire trucks, Elizabeth took a picture of the elevated cameramen.

Mark Your Calendar

Questions? Call (256) 231-8827 or email <Lenora@steelmagnoliasinc.org>

Tuesday, October 22, 2013: Steel Magnolias and Men of Steel meeting: 5:00 pm in the RMC private dining room. RMC will provide chicken fingers. Steel Magnolias provide side dishes and light dessert.

Monday, October 28, 2013: Caring and Sharing meeting: 1:00 p.m. in suite 406 of the RMC Physicians Center Call (256) 235-5146

Monday, November 11, 2013: Caring and Sharing meeting: 1:00 p.m. in suite 406 of RMC Physicians Center Call (256) 235-5146

Monday, November 18, 2013: Newsletter mailing day: 12:30 p.m. in suite 406 of RMC Physicians Center

Tuesday, November 26: Steel Magnolias and Men of Steel Meeting: 5:00 p.m. in the RMC private dining room. Pizza Party and installation of New Officers. Special cake will be dessert.

Saturday, December 7, 2013: Christmas Breakfast at Classic on Noble, 10:00 a.m. Invitations will be mailed.

Joggin' Inside

Paraprosdokians

1. Where there's a will, I want to be in it. 2. The last thing I want to do is hurt you. But it's still on my list. 3. Since light travels faster than sound, some people appear bright until you hear them speak. 4. If I agreed with you, we we'd both be wrong. 5. We never really grow up, we only learn how to act in public. 6. War does not determine who is right—only who is left. 7. Knowledge is knowing a tomato is a fruit...Wisdom is not putting it in a fruit salad. 8. To steal ideas from one person is plagiarism. To steal from many is research. 9. I didn't say it was your fault, I said I was blaming you. 10. In filling out an application, where it says, 'In case of emergency, notify:———' -I put 'DOCTOR.' 11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy. 12. You do not need a parachute to skydive. You only need a parachute to skydive twice. 13. I used to be indecisive. Now I'm not sure. 14. To be sure of hitting the target, shoot first and call whatever you hit the target. 15. Going to church doesn't make you a Christian any more than standing in a garage makes you a car. 16. You're never too old to learn something stupid. 17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now. Courtesy of Pokey....Anniston, AL

Grandpa, What if Couple Sex?

An 8-year-old girl went to her grandfather, who was working in the yard and asked him, "Grandpa, what is couple sex?" The grandfather was surprised that she would ask such a question but decided that if she's mold enough to know to ask the question, then she's mold enough to get a straight answer. Steeling himself to leave nothing out, he proceeded to tell her all about human reproduction and the joys and responsibilities that go along with it. When he finished explaining, the little girl was looking at him with her mouth hanging open, eyes wide min amazement. Seeing the look on her face, the grandfather asked her, "Why did you ask this question, Honey?" The little girl replied, "Well, Grandma says to tell you that dinner will be ready in just a couple secs. Courtesy of Gudrun.....Piedmont, AL

A Really Bad Day

A man was working on his motorcycle on his patio and his wife was in the house in the kitchen. The man was racing the engine on the motorcycle and somehow the motorcycle slipped into gear. The man, still holding the handlebars, was dragged through a glass patio door and along with the motorcycle dumped onto the floor inside the house. The wife, hearing the crash, ran into the dining room, and found her husband laying on the floor, cut and bleeding, the motorcycle laying next to him and the patio door shattered. The wife ran to the phone and summoned an ambulance. Because they lived on a fairly large hill, the wife went down several flights of long steps to the street to direct the paramedics to her husband. After the ambulance arrived and transported the husband to the hospital, the wife uprights the motorcycle and pushed it outside. Seeing that gas had spilled on the floor, the wife obtained some paper towels, blotted up the gasoline, and threw the towels in the toilet. The husband was treated at the hospital and was released to come home. After arriving home, he looked at the shattered patio door and damage done to his motorcycle. He became despondent, went into the bathroom, sat on the toilet and smoked a cigarette. After finishing the cigarette, he flipped it between his legs into the toilet bowl while still seated. The wife, who was in the kitchen, heard a loud explosion and her husband screaming. She ran into the bathroom and found her husband lying on the floor. His trousers had been blown away and he was suffering burns to his buttocks, the back of his legs and his groin. The wife again ran to the phone and called for an ambulance. The same ambulance crew was dispatched and the wife met them at the street. The paramedics loaded the husband on the stretcher and began carrying him to the street. While they were going down the stairs to the street, accompanied by the wife, one of the paramedics asked the wife how the husband had burned himself. She told them and the paramedics started laughing so hard, one of them tipped the stretcher and dumped the husband out. He fell down the remaining steps and broke his arm....This story redefines what it is to have a bad day!!

Courtesy of Lenora.....Ohatchee, AL

Bedside Manners

Susie's husband had been slipping in and out of a coma for several months. Things looked grim, but she was by the bedside every single day. One day as he slipped back into consciousness, he motioned for her to come close to him. She pulled the chair close to the bed and leaned her ear close to be able to hear him. "You know" he whispered, his eyes filling with tears, "You have been with me through all the bad times. When I got fired, you stuck right beside me. When my business went under, there you were. When we lost the house, you were there. When I got shot, you stuck with me. When my health started failing, you were still by my side. And you know what?" "What dear?" she asked gently, smiling to herself. "I think you're bad luck!" Courtesy of Lenora....Ohatchee, AL

A Pink Carpet Affair
 You Have to be There, To Make Them Aware
 That We Care!
 "Making Strides with Breast Cancer Research"
**Annual Breast Cancer Awareness
 Forum & Fund Raiser**

**Thursday,
 October 24, 2013** **11:30 a.m.-1:00 p.m.**

QUALITY OF LIFE HEALTH SERVICES, INC.
 1411 Piedmont Cutoff
 Wayne C. Rowe Auditorium

Support Our Vendors. Proceeds Will Go Towards Breast Cancer Research and Support Programs.
 For More Information, Contact: Ms. Shaftel Benson
 256-439-6340 or shaftel.benson@qolhs.com

Steel Magnolias founder, Lenora Johnson, will be a panelist on the 2013 Breast Cancer Forum. Other members will serve at a Steel Magnolias' information table.

Community Outreach Opportunities

Tuesday, October 22, 10:00 am: Stephanie Thornton will speak to the Senior Citizens in Hobson City.

Wednesday, October 23, 10 am—12:00 pm: Margaret Taylor & Nancy Burnell will speak at the University Housing and Residency Life Breast Cancer Awareness Walk. Margaret and Nancy will kick off the 23rd JSU walk by talking about their journey with breast cancer. The event will begin at 10:00 am at Bibb Graves. Following opening ceremony, the walk will begin. For more information—call Shannon Coleman (256) 782-6599

Thursday, October 24, 11:30 am—1:00 pm: 2013 Quality of Life Breast Cancer Forum—Please see poster at top of page.

Friday, October 25, 6:00 pm—8:00 pm: Zumbathon at Oxford Civic Center—See poster at top right of page.

October 1-31—Warren Family Affair: Cotton Antiques and Collectibles, Oxford, AL—Proceeds from sales will be go to Steel Magnolias. Call (256) 835-6000


www.steelmagnoliasinc.org Like us on Facebook!

ZUMBA PARTY IN PINK

ZUMBATHON
 Charity Event
 In support of Breast Cancer
 October 25th, 6pm to 8pm
 Oxford Civic Center
 401 McCullars Ln Oxford, AL 36203
 Tickets \$10.00 per person
 Advance tickets sales eligible for
 special T-shirt drawings!

All participants eligible for event DOOR PRIZE drawings!
All tickets in advance or at the door: \$10.00

8 ZUMBA Instructors
 Evan Wilkins
 Courtney Brown
 Jo-Ann Emmaliz
 Heather Parks Ross
 Susan Abel Sullivan
 Jennifer Saldana White
 Candace Harmony Tinner
 Christopher Alan Dudchock

All Proceeds Go To
 **Steel Magnolias**
 Breast Cancer Support Group
 providing services and
 support to breast cancer
 patients in Calhoun and
 surrounding counties.
 www.steelmagnoliasinc.org

September 27th – October 31st, 2013

**POWER OF PINK
 ACCESSORIES**



\$10 from each \$60 bracelet will go to two amazing charities who are devoted to saving lives: Breast Cancer Research Foundation of AL and Steel Magnolias. Our goal is to sell 200 bracelets and raise \$2000 for our charities!!! 220 Summit Blvd., #175.. Birmingham, AL 35243 (205) 972-4662