

Steel Magnolias

Breast Cancer Support Group, Inc.

To Everything a Season

April 21, 2014



Sharing love through support

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

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

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

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**Email any officer except treasurer by typing officer's name
@steelmagnoliasinc.org**

**Chuck Trull, Treasurer:
Treasurer
@steelmagnoliasinc.org**

Springtime in Dixie Lenora Washington Johnson

Red clay hills and bubbling springs;
Across the meadow a church bell rings.
Farmers are hopeful for what the day brings
As across the sky a mocking bird wings.

Springs fresh blossoms smell fresh and sweet
The streets come alive with the patter of feet
Old folks, young folks, smile as they meet.
Everyone rushing to perform their personal feat.

The sunlight glitters on a trickling brook,
And the old fellow smiles at the fish on his hook.
Squirrels are frisking up big oak trees
And all through the woods is the buzzing of bees.

Life is a moving wonderful thing,
To peon, debutant, servant and king.
All through Dixie on a fresh Spring morn
Another day of work and play has been born.



Springtime in Steel Magnolias

Springtime brought historic changes to Steel Magnolias Breast Cancer Support Group, Inc. For over two years, Lenora Johnson, upon her request, and Chaplain Wilson have been praying that God would bless Steel Magnolias with a younger member with the skills to carry the group forward. This was not an easy decision. Every member of Steel Magnolias is precious and as Marilyn Lawson said, “Lenora, Steel Magnolias is your baby.” In order that Steel Magnolias thrives and continues as a strong, enduring 501 © 3, nonprofit organization, this was a necessary decision. Believing this prayer was answered when Elaine Johns joined the group shortly after her diagnosis of breast cancer and after observation for more than a year, Lenora Johnson made the decision to limit her role as leader of Steel Magnolias. Lenora passed the Executive Director baton to Nancy Burnell. Nancy Burnell and President, Elaine Johns will work together to ensure the stability of the group. I’m sure the new leaders will face challenges as President Marti Warren and Executive Director Lenora Johnson have, over the past thirteen years, repeatedly faced. Lenora Johnson will serve the group as an adviser. This frees much needed time for personal health and more time with family.

The issue, yet to be resolved, is the newsletter. Lenora has agreed to edit the April and May Steel Magnolias Newsletter, giving President Elaine Johns opportunity to find someone to take on the responsibility of writing the letter.

Survivor Story

On Being a Breast Cancer Survivor a 2nd Time

By Nancy Gillespie

When I was asked to share my journey with Breast Cancer, I was very hesitant to do so due to the fact that I am one of the ones that Cancer made a return visit to. My original journey started in 1994 with the current one in 2011. I currently have been diagnosed with Stage IV, but due to God’s will and excellent care from my doctors, I am in remission.

“Being told you have cancer is like being hit with a truck, but being told a second time is like a train ran over you.” My response in 1994 and again in 2011 was to go “on a rampage” to educate myself about the disease, the treatment options and the prognoses. Today I would urge any woman with a diagnosis of Breast Cancer to do the same. “Be armed with all the knowledge you can secure.” Information is abundant in libraries, support groups (like Steel Magnolias), foundations, etc.

Immediately after my first diagnosis, I saw five doctors for five opinions before I chose one. It was important that my doctor face my battle showing compassion and evidencing good education and good survival rates with former patients. With the second diagnosis, I was very fortunate to have found excellent doctors here at RMC. I urge all women to do the same. “Remember you’re a consumer and the doctor is working for you. If a doctor doesn’t meet your needs, get one that does.”

I feel after the truck hits and a woman arms herself with knowledge, she should make her own decisions, carefully, step by step. This is your body and your life. These decisions are not up to your spouse, family or friends. You have to do what’s best for you. I acknowledge that making these decisions are not always easy but remember any choice is painful but the most painful of all is living with the choice someone else has made for you. You have the right to choose your tomorrow.

Battling cancer can be very difficult for so many reasons. Because of this, women need to reach out and support others waging their battle. I am very adamant about women walking alongside each other in the battle. "It's difficult to survive alone." But remember that those of us that have walked this path are not victims but we are survivors, even if you were diagnosed the day before. "If you are able to fight, breath, eat and function, YOU ARE A SURVIVOR.

Now two and a half years after the devastating diagnosis of Stage IV, I proclaim and celebrate my survival with each day. I've put my priorities in order. I can laugh at myself and I've tried to slow my pace so that I can enjoy life, as I know how precious each day is. Remember, in this battle and any other, we only have today, so make the most of each day and enjoy life to the fullest.

Correspondence

Dear Steel Magnolias,

Thank you so much for the care package. Your support and thoughtfulness are appreciated and I am enjoying all the nice things, included in the care package. Please use the enclosed donation wherever it is needed most. Please keep me on your prayer list.

May God bless you, Jean...Talladega

Lenora,

Thanks for everything you have done to help me out as the new Secretary and thank you for founding Steel Magnolias-it is a wonderful group. You have helped so many people by establishing this group. Enjoy your time with your beautiful family and those two sweet babies, Abby and Dallas! You deserve it!! Connie Stephens....Oxford, AL

Dearest Lenora,

You have been on my heart since Tuesday night, when I saw so much pain in your face. You have done such a wonderful thing to start Steel Magnolias, fight for it and bring it to this day of a refilled dream. Now it is time for both of us to sit back and praise God that we were part of a tremendous program. God bless you and keep you.

I love you, Marti Warren....Anniston, AL

Lenora,

Your words were so perfect at the meeting. I pray, and Roger also, that you will enjoy your free time with your Beautiful! Family! God bless you. Keither and Roger Zeimet....Oxford, AL

Steel Magnolias and Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc. met on Tuesday March 25th in the private dining room of RMC. President Elaine Johns began meeting by welcoming our new members, Janie Hendrix and Karen Davis, while Margaret Taylor presented them with a welcome gift.

Chaplain Sherry Grinstead gave the blessing before our dinner and President Elaine Johns invited our new members to prepare their plates first. All enjoyed the turkey and ham croissant sandwiches provided by RMC, as well as side dishes and decadent desserts provided by the Steel Magnolias members.

Our special speaker was Mr. Joe Weaver, RMC, COO. Mr. Weaver gave a basic overview of the Affordable Care Act and how it may affect your health insurance. A lively question and answer session followed, addressing numerous topics

Business Meeting

Lenora Johnson began the business meeting by announcing her resignation as Steel Magnolias' Executive Director and telling us that Nancy Burnell will be assuming the position. Although she will no longer be serving as the Executive Director or writing the newsletter, Lenora stated she will be keeping the 501 © 3 in her name and will be available on an advisory level. Lenora informed our group that she will be spending more time with her family, to include her two babies, Abby and Dallas. Members thanked Lenora and gave a standing ovation for the years she has dedicated to the Steel Magnolias as its Founder, Executive Director and Head of Community Relations.

Chaplain Sherry Grinstead gave a thought provoking devotional discussing "Why do we do the things we do?" Do we do them for our own praise or to praise God.

Treasurer Chuck Trull gave the financial report. Connie Stephens made the motion to accept the report and Jimmy Taylor 2nd the motion. The financial report was approved.



Secretary Connie Stephens read the minutes from the February 25th meeting. Jimmy Taylor made the motion to accept the minutes as read and Steve Stephens 2nd the motion. The minutes were approved.

President Elaine Johns told members that she will have scarves to sell at the Bake & Jewelry Sale to be held at the Quintard Mall on April 19th. She asked anyone who will be able to volunteer to work the Bake & Jewelry Sale to please see Marti Warren to sign up.

Jimmy Taylor made a motion that new shelves be purchased for Room 2002 (storage room) and the Pinks boutique. Nancy Gillespie 2nd the motion and all were in agreement. Motion was approved.

Margaret Taylor got prices to have cards with Steel Magnolias emblem made. A motion was made by Marti Warren to have Opportunity Center make the cards at a cost of \$112.50 for 250 cards. Steve Stephens 2nd the motion and there being no objections the motion was approved.

There was a discussion concerning who currently receives care packages versus who should be receiving the care package and what should be in them. Margaret Taylor made a motion to reevaluate the care packages and Nancy Gillespie 2nd the motion. There were no objections and the motion was approved.

Jimmy Taylor made a motion to adjourn the meeting and Steve Stephens 2nd the motion Meeting was adjourned.
Connie Stephens, Secretary

Every woman who has been diagnosed with breast cancer—Survivors or currently in treatment are invited to be a part of Steel Magnolias. Bring your Mom, sister or daughter and husband or son to Men of Steel.

Financial Report

March 2014		Balance Brought Forward	\$30,978.79
01 (-)	135.82	Reimbursement to Chuck Trull for camera for Steel Mag. Office	30,842.97
01 (-)	200.00	Lenora Johnson (March Monthly Expense)	30,642.97
03 (+)	70.00	Donation from Quintard Mall table 60; Book Sale 10	30,712.97
04 (-)	957.00	Downey Medical (6 prosthesis) for Pinks Boutique	29,755.97
06 (-)	64.80	Marti Warren for Pokey's Birthday Cards	29,691.17
08 (-)	31.00	Kyuka Waters	29,660.17
12 (-)	80.00	Jeff Owens & Associates (Cooperate Tax Return Prep)	29,580.17
12 (-)	192.00	Harold Berryhill (Steel Magnolias shirts and screen printing)	29,388.17
12 (-)	129.60	Marti Warren (Steel Magnolias special cover-pocket calendars 8 dozen @ 1.35 each)	29,258.57
14 (+)	40.00	Snow contribution 20; Unknown cash contribution 20	29,298.57
14 (-)	29.73	Chuck Trull (Reimbursement for supplies for Office & Pinks Boutique)	29,268.84
18 (-)	338.28	David Wright (Reimbursement to for chemo & Radiation pts. snacks)	29,030.56
26 (-)	77.00	Elaine Johns (Reimbursement for yarn & cake carriers for mall sale)	28,953.56
26 (-)	154.74	Jimmy Taylor (Reimbursement for 202 shelving)	28,798.82
29 (-)	200.00	Lenora Johnson (April 2014 monthly expense)	28,598.82

More Pictures from March 2014 Meeting Elizabeth McCabe, Photographer



A LEGEND OF THE DOGWOOD TREE

By Ken Brown

Puzzle by Donna Houston

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

Find the words in bold:

When **CHRIST** was on **EARTH** the dogwood **GREW**

To a towering **SIZE** with a **LOVELY** hue.

Its **BRANCHES** were **STRONG** and interwoven,

And for Christ's **CROSS** its **TIMBERS** were **CHOSEN**.

BEING distressed at the use of this wood,

Christ made a **PROMISE** which still holds **GOOD**:

"Not ever again **SHALL** the dogwood **GROW**

To be **LARGE** enough for a **TREE**, and so

SLENDER and **TWISTED** it shall always be

With cross-shaped blossoms for all to see.

The **PETALS** shall have **BLOODSTAINS** marked in **BROWN**

And in the **BLOSSOMS'** center a **THORNY CROWN**.

All who see it will think of Me,

NAILED to a cross from a **DOGWOOD** tree.

Protected and cherished this tree shall be

A reflection to all of my **AGONY**.



Surprise! Surprise!! Surprise!!!

Everyone knows the benefit of eating **Salmon**, rich in omega-3-fatty acids. However, there are other fish up-stream that supply an ample supply of nutrients that are essential to good health. For instance, my favorite, **Rainbow Trout**. A 3 oz. serving of trout provides 1,000 mg. of omega-3-fatty acids, compared to the same size portion of salmon provides, 840 mg.

For anyone who likes canned **Sardines** the amount of omega-3's jumps to a whopping 1,259 mg., with **Mackerel** providing 1,208 mg. of omega-3-fatty acids.

The biggest surprise of all is **Catfish!** Almost every southerner loves catfish, which provides 100% of the daily requirement of the energy providing, vitamin B12, more than most cuts of beef provide. This is good news for adults, age 50 or older. 30% of people in this age group are at risk of B12 deficiency. B12 may also protect against cognitive decline by slowing the rate of brain shrinkage. A 3oz serving of catfish provides 165 mg. of omega-3-fatty acids.

Other fish worth considering in a healthy diet are: **Canned Tuna, Pollock, Mackerel, Barramundi.**

Summer Events

Wednesday & Thursday, July 16 & 17, 2014: Dining Voucher Bazaar. Please bring contributions of jewelry, household, sports, gardening, exercise items, books or toys to Steel Magnolias Office.

**Tuesday, July 22:
New Beginnings Banquet
(More details at a later date.)**



**Swing For A Cure
The Lea Fite Memorial Golf Tournament**

**Saturday, April 26, 2014
Pine Hill Country Club
Shot Gun Start at 1:00 pm
Lunch at 12:00 pm**

Call Jimmy Taylor (256) 463-7620 Email tjimmeg63@aol.com

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

Tuesday, April 22, 2014: Steel Magnolias & Men of Steel Meeting at 5:00 pm in the RMC Private Dining Room. RMC Cafeteria will provide Chicken Fingers with a variety of condiments. Steel Magnolias bring side dishes and light desserts. Special guest speaker will be Radiation Oncologist, Dr. Todd Scarbrough.

Saturday, April 26, 2014: Swing For A Cure, The Lea Fite Memorial Golf Tournament. Shotgun Start at 1:00 pm . Lunch will be served at 12:00 pm. For more information, call Jimmy Taylor 256-463-7620 or email tjimmeg63aol.com.

Monday, May 19, 2014: Newsletter mailing day, RMC Physicians Center, suite 406, at 12:30 pm.

Tuesday, May 27, 2014: Steel Magnolias & Men of Steel Meeting at 5:00 pm in the RMC Private Dining Room. RMC Cafeteria will provide Meat Loaf and Creamed Potatoes. Steel Magnolias bring side dishes and light desserts. Special Guest will be Franklin McGee.

Joggin' Inside

Exam

A minister decided he needed to place items in his son's room and observe his reaction to each one. He placed four items, and he watched, out of sight, to see which he would choose. As the teenager entered the room, he saw the Bible, a bottle of whiskey, money and a Playboy magazine. The preacher determined that if he chose the Bible, he would be a preacher, and that would make him very proud! If he chose whiskey, he would be a worthless drunk. If he chose the money, he would be a business man. If he chose the Playboy magazine, he would be a womanizer. The boy walked into his room and saw the items on a table. He placed the Bible under his arm, a delight to his father. He then opened the bottle of whiskey and took a drink, then placing the money in his pocket, opened the Playboy magazine and enjoyed the beautiful centerfold. His father gasped, "Oh no! He is going to be a member of Congress!"

Courtesy of Lenora....Ohatcee, AL

Church Bulletin Bloopers

Ladies, don't forget the rummage sale....It's a chance to get rid of those things not worth keeping around the house. Don't forget your husband.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be, "What is Hell?" Come early and listen to our choir practice.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come, prepared to sin. Courtesy of Elaine....Oxford, AL

Old Classmates

Have you ever been guilty of looking at others your own age and thinking, surely I can't look that old? Well you'll love this one..... My name is Alice Smith and I was sitting in the waiting room for my first appointment with a new dentist. I noticed his diploma, which had his full name. Suddenly, I remembered a tall, handsome, dark haired boy with the same name being in my high school class some 30-odd years ago. Could this be the same guy that I had a secret crush on, way back then? Upon seeing him, however, I quickly discarded such a thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate. After he examined my teeth, I asked him if he attended Morgan Park High School. "Yes. Yes, I did, he gleamed with pride." "When did you graduate?" I asked. He answered, "In 1967. Why do you ask?" "You were in my graduating class!" I exclaimed. He looked at me closely. Then that ugly, old, bald, wrinkled, fat, gray-haired man asked, "What did you teach?"

Courtesy of Elaine.....Oxford, AL

Desperate

A couple desperate to conceive a child, went to their priest and asked him to pray for them. "I'm going on a sabbatical to Rome," he replied, "and while I'm there, I'll light a candle for you." When the priest returned three years later, he went to the couple's house and found the wife pregnant, busily attending to two sets of twins. Elated, the priest asked where her husband was so he could congratulate him. "He's gone to Rome, to blow that candle out," came the harried reply. Courtesy of Lenora....Ohatcee, AL

Living Will

A man and his wife were sitting in the living room discussing a "Living Will." so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that happens, just pull the plug." His wife got up, unplugged the TV and threw out all the beer. Courtesy of Lenora....Ohatcee, AL

Breaking 60

Hawk and Tom were talking in the bar. Hawk said, "I just got kicked off the course for breaking 60." Tom looked at him amazed. "Breaking 60? That's amazing!" Hawk smiled and said, "Yeah, I never knew a golf cart could go that fast!"

Hole in One

Q-Why did the golfer bring an extra pair of pants when he went golfing? A-In case he got a "hole in one"
Courtesy of Lenora....Ohatcee, AL