

# Steel Magnolias

## Breast Cancer Support Group, Inc.

### The Secret to Perfect Peace

September 17, 2018

I read an article in the August issue of Guideposts that touched me deeply and filled my mind with thoughts I haven't been able to dismiss, that I think has relevance to each of us!

Ken Fraccaro, from Chattanooga, TN, is a hospice volunteer who counseled a woman at a nursing home who was in the last days of her life. She was filled with rage over what she had experienced from her abusive father. Mr. Fraccaro went home wondering, if he would be like this patient when he reached her advanced age. After much thought and prayer, about how to counsel this patient, in spite of the wonderful life God had blessed him with, realized that he had experienced abuse from a family member that had caused such pain and caused a louder voice within him to face the uncomfortable question, "Isn't there somebody you need to forgive?" John began to read about forgiveness, especially everything in the Bible. What did he learn:

1. When you can't forgive someone, the person you end up hurting most is you.
2. Holding on to that kind of resentment is like drinking poison and expecting the other person to die.
3. Allowing God to help you forgive, brings the forgiver peace of mind and frees him or her from corrosive anger, allowing for a more joyful life.
4. What forgiveness is not: Forgiveness does not gloss over or deny the seriousness of the offense against you....Forgiveness does not mean condoning or excusing the offenses.....Forgiveness does not mean forgetting. However, forgiveness can help repair a damaged relationship, though it doesn't obligate you to reconcile with the person who harmed you. What Forgiveness does: Forgiveness allows you to move on with life without negative thoughts from your past.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" Ephesians 4 : 32.

P.S. I encourage anyone who hasn't seen I Can Only Imagine, please rent the movie.

Submitted by Lenora Johnson,  
Founder  
Steel Magnolias Breast Cancer Support Group, Inc.



### Sharing love through support

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& Sherry Grinstead  
RMC Chaplain, Jim Wilson  
Historian & Photographer  
Elizabeth McCabe

Pinks Boutique: For Appointment  
Call the Office @ 256-231-8827  
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901 Leighton Ave.  
Anniston, AL 36207  
www.steelmagnoliasinc.org

Like us on Facebook

Email any officer by typing  
Their—first name  
@steelmagnoliasinc.org

**STEEL MAGNOLIAS AND MEN OF STEEL MEETING  
AUGUST 28, 2018**

Meeting was called to order by our President, Elaine Johns.

Minutes of the previous meeting were read. Motion made by Judy Elders and seconded by Janet Reese that minutes be adopted as read.

**Chuck gave the following Treasurers Report:**

**Beginning balance June was \$21,311.51; ending balance June \$15,467.59**

**Beginning balance July was \$15,467.59; ending balance July \$15,492.59**

Elaine recognized our visitors: Lynn Warren, Bonnie Freeland, Linda Swain, Cynthia and Owen McGinnis, Emie Flood, Jamie Bench, Alia Holloway, Debbie Black, and Carol Gail. According to the sign-in sheet, we had 46 in attendance, the largest in some while.

Elaine reminded us that October was fast approaching (Breast Cancer Awareness Month) and that we had several events coming up starting with Oxfordfest, October 6; and Tutus for Tatas, the following Sunday. Elaine also expressed the need for more volunteers with all events. We especially need some folks to make phone calls to remind members of upcoming events and to take charge of organizing the event. It was suggested that we look at the Buckner Event Hall for rescheduling our jewelry and baked goods sale.

Nancy Burnell, our guest speaker, then talked to us about the New Beginnings Banquet. The pros and cons of our banquet at Classic on Noble. She offered the Anniston Country Club as a possible establishment for next year's banquet. She also informed us that our Christmas Banquet would be at Alexandra on Noble Street. She also expressed the importance to RSVP and being there if you said you were going to be unless something really bad happens. Steel Magnolias must absorb the cost of meals when ordered and not consumed.

An extended conversation continued about Well House and their continued rehabilitation of trafficked individuals.

Sherry talked to us about being faithful to do God's will and some of the circumstances we might face. She gave the examples of Daniel in the lions' den; Moses leading the Jewish people out of Egypt; Job and the loss of everything; and Shadrach, Meshach, and Abednego facing the fiery furnace. In each of these instances, the men were faithful to God, faced the consequences of their faith, and were saved by God. Moral being that we should always do God's will and He will take care of us. "If God is for us; then who can be against us."

Door prize winners were Pat Yates, Della McNeal, and Teresa Talley.

No further business and a motion was made by Shirley Forbus and seconded by Roger Zeimet that meeting be adjourned. Next meeting is September 25<sup>th</sup>.

Submitted by Brenda Parker  
Secretary



## Birthdays and Survivor Years!

September 20<sup>th</sup> is Steve Stevens' birthday and he is a Man of Steel

September 21<sup>st</sup> is Jimmy Taylor's birthday and he is a Man of Steel

September 24<sup>th</sup> is Pat Yates' birthday and she is a volunteer

October 6<sup>th</sup> is Linda Barton's birthday and she is a volunteer

October 11<sup>th</sup> is Margaret Martin's birthday and she is a 31 year survivor!

October 13<sup>th</sup> is Karen Davis' birthday and she is a volunteer

## Upcoming Events

September 25<sup>th</sup> is our next meeting in the private dining room at RMC. It starts at 5pm and the meeting starts promptly at 5:30. If you have prayer request please call the office at 256-231-8827 and leave a message for Margaret to add them to our prayer list for the meeting. RMC will provide Ham and Turkey croissants for our meal, Steel Magnolias please bring side dishes and deserts. Our guest speaker will be Judith Bollinger. She will be sharing her journey with cancer. If you have never been to one of our meetings, please come join us. We welcome cancer survivors and if you want to be a volunteer come and find out how you can help. Call the office for directions to the meeting between 11 am and 4 pm or email [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) for directions.

October 6<sup>th</sup> is Oxfordfest in downtown Oxford. We will be on the sidewalk in front of Cotton Antiques where we were last year. We will make plans at the meeting for this event. Mark your calendars!

October 7<sup>th</sup> is TuTus for TaTas at Cheaha Harley Davidson in Oxford. If you have never been you are missing a fun time! The guys dress up and they dress their motorcycles also. There is no SHAME on this day! There is a flyer in this email for everyone to post. Registration starts at noon and the ride begins at 2:30. The pink fire truck will be there also. Put on your tutu and come on down!

October 15<sup>th</sup> is the next mailing day for the newsletter. If you have something to go in the newsletter please send it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or mail it to Elaine Johns c/o Steel Magnolias PO Box 2208 Anniston, Al 36202.

## OCTOBER IS BREAST CANCER AWARENESS MONTH

Other events will take place and we will let everyone know as soon as we find out!

Members of Steel Magnolias set up a tent at Rumble on the Loop at Mt. Cheaha Harley Davidson August 25<sup>th</sup> to promote the TUTUS FOR TATAS ride and share information about our group. Thanks to everyone that came out and helped.



## RMC Survivor Dinner

Many Steel Magnolias attended the 26th RMC Survivor Celebration Dinner on August 30th. The food was awesome and we had great entertainment. Edie Hand was the guest speaker. We played bingo and had a blast. It is always a great evening and it was a packed house! Thank you RMC!



## Joggin' Inside

### *Don't wash your hair in the shower*

(It's so good to finally get a health warning that is useful)

It involves the shampoo when it runs down your body when you shower with it...A warning to us all!

I don't know WHY I didn't figure this out sooner!

I use shampoo in the shower! When I wash my hair, the shampoo runs down my whole body and printed very clearly on the shampoo label is the warning,

**"FOR EXTRA BODY AND VOLUME"**

No wonder I have been gaining weight! Well, I got rid of that shampoo and I am going to start showering with Dawn dishwashing soap instead. Its label reads:

**"DISSOLVES FAT THAT IS OTHERWISE DIFFICULT TO REMOVE"**

Problem solved! If I don't answer the phone I will be in the shower!

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### *Reap what you Sow*

An elderly couple were talking one evening:

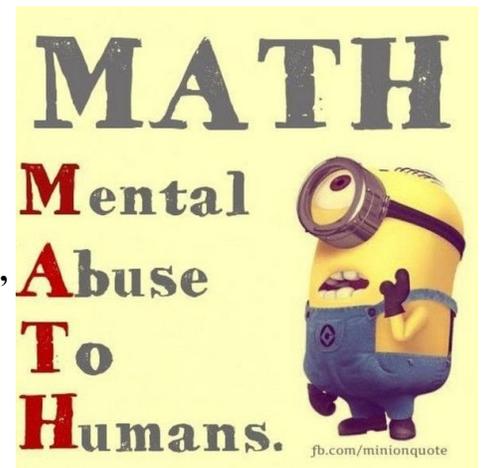
"Honey, I'm so sorry that I let out my anger at you so often.

How do you manage to stay so calm with my foul moods?"

"I always go and clean the toilet when that happens." "And that helps?"

"Yes, because I'm using your toothbrush."

Submitted by: Elaine



# TUTUS FOR TATAS

PRESENTED BY MT. CHEAHA H-D HOG CHAPTER #3476

ALL BIKES WELCOME!

## WHEN:

Sunday, October 7th

Registration: 12:00pm

Kick Stands Up: 2:30pm

## WHERE:

Mt. Cheaha Harley-Davidson™  
231 Davis Loop, Oxford, AL 36203

## RIDE:

Police escorted ride through  
Calhoun County.

Will be awards for best costume & best decorated bike!

All proceeds to benefit the Steel Magnolias  
Breast Cancer Support Group.

For more information contact Linda Green at (256).283.5965  
or Dianne Tidmore at (256).390.6738

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## Services Offered By Steel Magnolias Breast Cancer Support Group, Inc.

### 1. Group Meetings

Steel Magnolias meet on the 4th Tuesday of each month at 5:00 p.m. in the 1st Floor Private Dining Room of RMC.

### 2. Steel Magnolias' Office

Our office is located in suite 407 of the Physicians Center in Anniston. Currently our office is staffed (part time) by Steel Magnolias volunteers Monday through Friday, 11:00 am - 4:00 pm. Every effort is made to have someone in the office when our staff is sick or on vacation. Phone (256) 231-8827

### 3. PINKS Boutique

Located in the Physicians' Center across from the Steel Magnolias Office, we are stocked with Mastectomy Bras, Breast Prosthesis, Wigs, Hats and Scarves. These items are of no cost to cancer patients.

### 4. Care Packages

Steel Magnolias provide a comfort package including inspirational and educational materials to breast cancer patients the day of surgery at Regional Medical Center. Packages are mailed or taken to newly diagnosed patients who do not receive them on day of surgery.

### 5. Dining Vouchers

Dining vouchers are provided for two family members of any patient, in surgery, at Regional Medical Center. Each provides a meal in the hospital cafeteria.

### 6. Snacks

Steel Magnolias provide the following: (1) snacks in Anniston Oncology chemo treatment room - Suite 602 Physician Center (2) chemo treatment room on the 4th floor of RMC and (3) the Radiation / Oncology Center on 2nd Floor of RMC.

### 7. Breast Cancer Awareness Program

Available to girls in grades 7-12, this program is taught in the school by a trained volunteer under the supervision of a Registered Nurse. Anyone interested in having our program presented, contact our office.

### 8. Speakers Bureau

Speakers are available to civic clubs and churches. To schedule, contact our office.

### 9. Steel Magnolias Newsletter

Our monthly newsletter is an informative and inspirational publication about upcoming events, meetings and activities. Also included is a joke page and current information regarding cancer testing and treatments.

### 10. Web-Site

[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org) is a great source of information and inspiration. Also, 

### 11. Men of Steel

Group of men (husbands, friends or family) of breast cancer patients or survivors and for men who themselves are breast cancer survivors. Meetings are held jointly with Steel Magnolias (see Group Meetings #1). Contact Jimmy Taylor (256-463-4313) or email [tjimmeg63@aol.com](mailto:tjimmeg63@aol.com) for additional information.

### 12. Prayer

We are praying for you with love and blessings.

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## WAYS YOU CAN HELP

### 1. VOLUNTEER YOUR TIME

- attend our meetings and get involved with us
- volunteer for office work or Pinks Boutique
- help with our fund raisers (2 per year)
  - a. Bake and jewelry sale (annually the Saturday before Easter at Quintard Mall)
  - b. Golf Tournament at Pine Hill Golf Course (in the spring each year). Numerous opportunities to serve.

2. CONTRIBUTE - contributions are tax deductible (a 501(c)3 tax exempt organization) and can be made to: Steel Magnolias, P.O. Box 2208, Anniston, AL 36202. ALL contributions are used to provide services to breast cancer patients who reach out to us.

3. DONATE UNUSED JEWELRY (new, vintage or broken) - it is cleaned, repaired and resold at our events. Drop off at the following: Steel Magnolia Office, Cotton Antiques, 508 Main Street, Oxford or call Marti Warren 256-237-0206.

### 4. PRAY FOR OUR MINISTRY

# HEALTHY APPROACH

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

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ACTIVE	EXERCISE	FUEL	PROTEIN
ANTIOXIDANTS	FIBER	GRAINS	SPICES
BANANAS	FISH	HEALTH	VARIETY
BEANS	FLAVOR	LIFESTYLE	VEGETABLES
DIET	FLUIDS	MINERAL	VITAMINS
EGGS	FOOD	NUTRITION	WATER
ELECTROLYTES	FRUIT	NUTS	WEIGHT
			YOGA

Created by Donna Houston  
9/16/18