

# Steel Magnolias

Breast Cancer Support Group, Inc.

## Time, Health, Wealth

February 16, 2015

### Values

**Everything in life, everyone and everything that we love and that is precious to us, is directly affected by what kind of stewards we are.**

This newsletter is not meant to give advice about the accumulation of wealth or to tell people how to spend their time on this earth but it is meant to suggest that we have much to gain by getting back to some basic values. It seems that the more automatic and time saving our appliances have become, the less time we have with family and friends.

We have become a society interested in the instant, with little time for each other. We must redeem our time but be careful to set priorities and wisely place values where our valuables are: spouse, children, parents, friends, our health and the stewardship of our incomes.

It is widely reported by psychology researchers that the biggest cause of stress is finances. Medical doctors caution that extreme stress makes our bodies vulnerable to a variety of life threatening diseases. Armed with this knowledge, we should all become better stewards of our money. I love the scripture in 3 John: 2 "*Beloved, I wish above all things that you may be in health, even as your soul prospers.*"

Without our health, we cannot enjoy our time, our money or the family God has given us. That being said, our first responsibility is to maintain our health. That means regular checkups, and being sensitive to the symptoms we experience that are alarms God placed within us to announce a need to see a physician.

The November, 2013 newsletter, published the story of Derrick Cameron's journey with male breast cancer. A comment he made is profound and should be adhered to by both men and women: "A real man will take responsibility to take care of himself and not be selfish against those who love him the most."

### Words of Wisdom

*A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They all agreed that it was.*

*So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.*

*The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "Yes."*



### Sharing love through support

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*The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.*

*“Now,” said the professor, as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things: your God, family, Children, your health, your friends, and your favorite passions—things that if everything else were lost and only they remained, your life would be full. The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else—the small stuff.*

*If you put the sand in first,” he continued, “There is no room for pebbles or golf balls. The same goes for life. If you spend all your time and energy on small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal.*

*Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand.”*

*One of the students raised her hand and inquired what the coffee represented.*

*The professor smiled, “I’m glad you asked. It goes to show you that no matter how full your life may seem, there is always room for a couple of cups of coffee (or tea) with a friend.”*



### Honorable Mention

Our honorable mention for February is Pokey and Marti Warren. Marti has been a dedicated member of the Steel Magnolias from the beginning. She has served as President from 2001 until 2014. She has worn many hats over the years in heading up committees, repairing jewelry to sell, speaking engagements, silent auctions and anything else that needed to be done. She has given selflessly of herself to help others in their journey and helping the Steel Magnolias be what we are today. She is one tough cookie and will not take no for an answer. She will fight for what she believes in and that makes her a winner.

Pokey was our first photographer. He uses his beautiful pictures to make Birthday, Prayer, Thank You and Encouragement cards that we send out to cancer patients. He is also responsible for a lot of the jokes we use in “Joggin’ Inside”.

Thanks to both of you for your dedication and many years of service to the Steel Magnolias.



## Steel Magnolias & Men of Steel Meeting

January 27, 2015

The Steel Magnolias Breast Cancer Support Group Inc. met on Tuesday, January 27<sup>th</sup> in the private dining room of RMC.

President Elaine Johns welcomed visitors and Chaplain Sherry Grinstead gave the blessing before our meal of baked Irish and sweet potatoes provided by RMC.

Side dishes and desserts were provided by Steel Magnolias members.

Our guest speakers were Tara Fulford and Mary Hagar from Advanced Imaging. They gave us information about their non profit organization, Never Surrender, which is dedicated to promoting early detection of breast cancer through screening exams. They brought several beautifully decorated bras that will be auctioned off at their fund raising event "Bras for the Cause". They have partnered with United Way to provide screening and diagnostic mammograms and ultrasound to uninsured and underinsured women and men who cannot otherwise afford them. Tara told the group that anyone who needs help paying for a mammogram should call 211 to request assistance.

### **BUSINESS MEETING:**

Minutes from the Nov 25<sup>th</sup>, 2014 meeting were read by Secretary Connie Stephens. Margaret Taylor made a motion to accept the minutes as read and Joyce Guldin 2<sup>nd</sup> the motion. The minutes were accepted as read.

Treasurer Chuck Trull gave the Financial Report and Linda Barton made a motion to accept the Financial Report. Carrolotta Davis 2<sup>nd</sup> the motion and the financial report was accepted.

Sherry Grinstead went over the prayer list and gave a short devotional.

Elaine reminded everyone that our annual Bake and Jewelry sale will be on April 4<sup>th</sup> and that Marti needs jewelry for the sale. We also need volunteers to work at the sale and to set up and take down tables. Also, ask your friends and family to bake cakes/pies/cookies to donate for the bake sale.

Jimmy Taylor asked for volunteers to help with the golf tournament which will be held at Pine Hill golf course on April 25<sup>th</sup>.

Our slogan this year is *"Tee it High, Let it Fly, Support the Girls"*.

Nancy Burnell made a suggestion that we look into buying a sound system to be used at our Steel Magnolias events. No consensus was reached concerning this suggestion, and it was agreed we would need to look further into costs for the sound system prior to making a decision.

Steve Stephens made the motion to adjourn the meeting and Linda Barton 2<sup>nd</sup> the motion. Meeting was adjourned.

Submitted by:

Connie Stephens, Secretary





**Steel Magnolia  
Men of Steel  
January Meeting  
2015**



## **Up Coming Events**

February 24<sup>th</sup> is our next Meeting in the private dining room at RMC at 5pm. Our guest speaker will be a representative from Downey Drugs. For supper we will have Pizza! Steel Magnolias please bring salads and deserts.

March 2<sup>nd</sup> is our next Golf Tournament meeting at Betty's BBQ at 5pm. Anyone interested in helping please come. Bring you ideas with you!

April 4<sup>th</sup> is the Bake and Jewelry Sale at the Quintard Mall. I will have more information on when we need to be there in the next newsletter. Please don't forget that Marti needs jewelry to get ready and we need volunteers to bake items for our bake sale. Everyone needs deserts for Easter and a few accessories to wear with their Easter outfits.

April 25<sup>th</sup> is the Lea Fite Golf Tournament at Pine Hill golf course. We need help in several areas before the tournament. For door prizes see Chuck or Linda, for hole sponsorships see Elaine, Connie, Steve, Karen or Janet and for corporate sponsors see Jimmy, Margaret, Nancy and Lawrence. Let's make this the best tournament ever. Trey Fite has taken over Food Outlet and will continue to be our anchor sponsor.

## **President's Corner**

I hope everyone is getting ready for the Bake and Jewelry Sale. I have my bakers lined up to help again this year. We can start setting up at the mall around 8 a.m. and we try to finish up between 4 and 5 that evening. I haven't had a volunteer to step up and take charge of the event. There really is not much to it. Chuck has our insurance and we have sent the necessary paper work in, we just need someone to be in charge of filling time slots to help man the tables during the day. They need to have someone to set up and take down. The mall furnishes the tables and it is just a matter of cleaning up after ourselves before we leave. We will have a sign up sheet at our meeting to get this organized.

Things are starting off in a positive way with the golf tournament. Food Outlet is our anchor sponsor again, we have had several commitments already. We will have a registration form for the golfers on the website and an opportunity for sponsorship there also. Cross Business forms is printing the tri-fold for us free of charge. As Jimmy Taylor says, "God puts people in our lives". He is so right about that. If you want to play in the tournament, be a sponsor or help with the tournament call Jimmy Taylor at 256-201-3218.

There is still a need for help in the office at the Physician's Center. If you feel you have a day or a half day contact Nancy at [nancy@steelmagnoliasinc.org](mailto:nancy@steelmagnoliasinc.org) or you can call Margaret or Nancy at the office @ 256-231-8827. Margaret works Thursday and Nancy works Friday. Please consider helping us out.

I had no one to offer their survivor story this month. If you would like to share your story with us anonymously we can do that also. Please email me at [elaine@steelmagnolisainc.org](mailto:elaine@steelmagnolisainc.org) or mail it to Steel Magnolias PO Box 2208 Anniston, AL 36202 Attn: Elaine

Again, if you are reading this for the first time and would like to come to our monthly meetings, come on! We meet the 4th Tuesday of every month (except July and December) in the private dining room at RMC. If you are not sure of where that is just give us a call at the office after 11am. 256-231-8827. Hope to see you there.

Submitted by Elaine Johns

I have included a Lea Fite Golf Tournament entry form in this letter. Anyone wanting to play please fill out the form and mail it and your entry fee made payable to Steel Magnolias to:

Jimmy Taylor  
81 Amy Court  
Heflin, AL 36264

# TEE IT HIGH, LET IT FLY: SUPPORT THE GIRLS!

April 25, 2015----Pine Hill Golf Course

FORMAT: 4 Man Scramble----Cost is \$50/Player or \$200/Team If paid by April 18

Cost is \$60/Player or \$240/team if paid on day of tournament

START TIME: 1:00 p.m.----Shotgun Start

Lunch will be provided at 12:00 noon

Player No. 1 Name \_\_\_\_\_

Address \_\_\_\_\_

Phone No. and E-mail \_\_\_\_\_

Player No. 2 Name \_\_\_\_\_

Address \_\_\_\_\_

Phone No. and E-mail \_\_\_\_\_

Player No. 3 Name \_\_\_\_\_

Address \_\_\_\_\_

Phone No. and E-mail \_\_\_\_\_

Player No. 4 Name \_\_\_\_\_

Address \_\_\_\_\_

Phone No. and E-mail \_\_\_\_\_

Opportunity to purchase package that included 2 mulligans, 1 throw and 1 skirt: Early registration cost is \$15. Day of tournament is \$20.

## PRIZES BASED ON FULL FIELD!!!

1<sup>st</sup> Flight

1<sup>st</sup> Place Team: \$400

2<sup>nd</sup> Place Team: \$200

2<sup>nd</sup> Flight

1<sup>st</sup> Place Team: \$300

2<sup>nd</sup> Place Team: \$150

Checks should be made payable to Steel Magnolias Inc. and mailed to Jimmy Taylor at 81 Amy Court Heflin, Al. 36264. Cell: 256-201-3218

E-mail: [tjimmeg63@aol.com](mailto:tjimmeg63@aol.com)

Here is yet another one of our partners that support our cause each year. It is so nice to know we have people that see the need for a support group like ours. If it were not for people like Runa, a lot of things would not happen in this world of ours.

Our thanks go out to Runa Kimbrell once again for her vision of helping women that have been diagnosed with breast cancer. This walk takes a lot of time and effort. We want Runa to know how much she means to the Steel Magnolias for her hard work and dedication these past three years. God Bless you Runa!

Submitted by Margaret Taylor

I want to share some more cards that we have received from ladies we have sent our care packages to. This really lets you know that what we are all working for, all the fundraisers, the golf tournament and volunteering is making a difference in other people's lives.

Submitted by Elaine Johns

Margaret,

Thank you for supporting our "Steps To Help" Walk each year. I know it wasn't as big this year but we have already started working on next year's! I am still planning for us to be in the Ranburne Christmas parade on Dec. 6th. I will let you know more about it & hope you can come. Please be inviting other survivors to join us to walk or ride. Enclosed is the check for Steel Magnolias, I pray it can be used for many good things!

My love & many  
God bless,

Runa

Clair,

Thank you so much for the bag of necessary items that I will need in my upcoming journey. I am honored that God chose me to be a part of "our" unique group of strong courageous women. Thank you for your concern and care extended to my family. God Bless, Lisa

ELAINE,

THANK YOU SO MUCH FOR ANSWERING QUESTIONS THAT I HAVE HAD, LENDING AN EAR, AND MOST OF ALL JUST THE SUPPORT YOU HAVE GIVEN. IT REALLY MEANS A LOT KNOWING THAT I HAVE SOMEONE TO TALK TO THAT HAS BEEN DOWN THIS PATH. I ALSO WANT TO THANK THE STEEL MAGNOLIAS SUPPORT GROUP FOR THE WONDERFUL CARE BAG!

THANKS FOR EVERYTHING ELAINE!  
GINA

Dear Margaret,

Thank you so much for the package that you sent me. That was so sweet & thoughtful of you. I feel as though I know you from talking with Emily, I'm so thankful for Emily, Rachel, Cassie. That laughter of yours is a sweetheart. I'm glad they work together. Emily sure does think the world of her. I know that God has this in his hands & everything is going to be okay. It's going to take some adjusting, I know. We really should be more grateful for our health & be happy with whatever the Lord sends our way. Please remember me in your prayers, and I will you. Again, you really did a special thing for me & I appreciate you so much. I will use everything.

Visit us @ [www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org)



**Joggin' Inside**  
**Provided by Pokey Warren Anniston, Al**

A minister waited in line to have his car filled with gas just before a long holiday weekend. The attendant worked quickly, but there were many cars ahead of him. Finally, the attendant motioned him toward a vacant pump. "Reverend," said the young man, "I'm so sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip. "The minister chuckled, "I know what you mean. It's the same in my business."

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. Only the Ten Commandments." answered the lady.

After 35 years of marriage, a husband and wife came for counselling.

When asked what the problem was, the wife went into a passionate, painful tirade listing every problem they had ever had in the years they had been married. On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.

Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched with a raised eyebrow.

The woman shut up and quietly sat down as though in a daze. The therapist turned to the husband and said, 'this is what your wife needs at least 3 times a week. Can you see to it?' 'Well,' he said, 'I can drop her off here on Mondays and Wednesdays, but on Fridays, I go fishing.'

**PURPOSE DRIVEN LIFE**

by Donna Houston

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

Out of the 42 words listed only 36 can be found in the puzzle.

BALANCE	FORTY	PREPARE
CHALLENGE	GOD	PURPOSE
CHANGE	GROUNDBREAKING	REAL
COMMIT	GROW	REASON
COUNSEL	GUIDE	ROOTS
COVENANT	HOPE	SCRIPTURE
DESTINY	JOURNEY	SEEK
DIRECTION	LIFE	TEST
DISCOVER	MANIFESTO	TIME
DRIVEN	MEANING	TRANSFORM
ETERNAL	MISSION	TRUTHS
FAITH	PATH	VOID
FEARS	PLAN	WARREN
FOCUS	PRAYER	WISE