

Steel Magnolias

Breast Cancer Support Group, Inc.

Feelings of Gratitude and Hope

Here it is at the end of another year and we are feeling so blessed. We cannot begin to thank everyone who has helped us this year. We love for people to partner with us and that they want to help others also. I want to acknowledge our supporters and I hope I include everyone! Sunny King Automotive Group, Back Country Horsemen of America, Hooligan Harley Davidson, Guardian Belles, Oxfordfest, Carillon Oaks Assisted Living, Sunrise Missionary Baptist Church, RMC Foundation, and Kingdom Place Ministries. There are so many individuals to thank also. Another thing I want you to look at is the pink survivor's board at the bottom of this page. We start a new one every October and take it to our events for survivors to sign and we encourage them to put the year they were diagnosed. We want people to look at that and realize cancer is treatable and there is life after cancer! If you are reading this and need someone to talk to that has traveled this journey, give us a call. We know your fears, we have had them ourselves. Come to our meetings, get involved to help yourself.



4th Quarter 2024

Steel Magnolias
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Margaret Taylor and
Nancy Burnell Co-Vice Presidents
Brenda Parker, Secretary
Chuck Trull, Treasurer
Group Chaplains: Gloria Woosley
& Sherry Grinstead
RMC Chaplain, Jim Wilson
Historian & Photographer
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Pinks Boutique: For Appointment
Call our Office @ 256-231-8827
Physicians Center, STE 407
901 Leighton Ave.
Anniston, AL 36207

www.steelmagnoliasinc.org

Like us on Facebook

Sharing love through
support

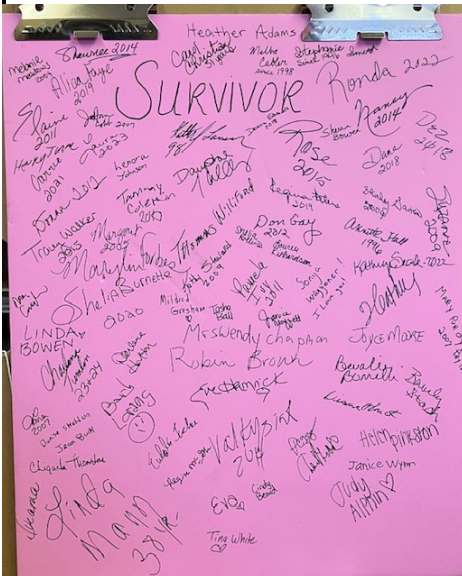
Email us at
support@steelmagnoliasinc.org

I included this also so everyone understands some of our fears.

Scanxiety

[scan-zy-it-ee] • noun

The feeling of anxiety that may accompany the time before, during, and while waiting for the results of medical scans related to your cancer.



**STEEL MAGNOLIAS/MEN OF STEEL MEETING MINUTES
SEPTEMBER, 24 2024**

Meeting was called to order by our President, Elaine Johns. We have 27 in attendance to include one visitor.

Minutes from the previous meeting were read and motion made by Steve and seconded by Janet that they be adopted as published.

Chuck gave the financial report. We had a beginning balance of \$17,399.95 and an ending balance of \$16,606.17. This included a \$500 check for RMC Golf Classic for a sponsorship of Premier Hole Sponsor.

We have many opportunities to excel during the month of October, which is Breast Cancer Awareness month.

- Sept 28th there will be a horse ride at Camp McClellan Horse Trails benefiting Steel Magnolias. Nancy will be speaking at 2 PM that day giving her testimony and several others will be giving their testimonies as well.
- Oct 2nd RMC will have a golf tournament and we will have someone sitting on a hole handing out gift items and collecting donations.
- Oct 5th is Oxfordfest. We will have our usual table set up in front of Cotton Antiques. Elaine put out a sign-up sheet for workers during the day.
- Oct 12th is Tutu's for Tata's sponsored by Harley Davidson. The event starts at 10 AM with kick stands up at 12. Anybody who wants to ride can do so whether by motorcycle or car.
- We also received an invitation to visit the assisted living facility in Lincoln later in the month.

Sherry gave our devotion about talking to others about Jesus. How can we tell others about Jesus? 1) hospital and nursing homes; 2) while standing in line at store; 3) giving out tracks to cashiers and others while we are standing in those lines; 4) putting tracks in our bills that we mail in; 5) inviting folks to visit our church; and 6) living our lives so that others can see Christ in us and know we are Christians.

Sherry went over the prayer list and led us in prayer.

Elaine showed us our new tee shirts and we were able to get one that night.

Nancy told us that our Christmas Brunch would be December 7th at 9 AM at the Oxford Library.

Door prizes were won by Nancy, Katie/Brandon, Susan, and Steve.

No further business, motion made by Susan and seconded by Linda that the meeting be adjourned.
Respectively submitted,
Brenda Parker, Secretary



STEEL MAGNOLIAS/MEN OF STEEL MEETING MINUTES
October, 22 2024

Meeting was called to order by our President, Elaine Johns. We have 33 in attendance to include one visitor.

Minutes from the previous meeting were read and motion made by Cynthia and seconded by Jane that they be adopted as published.

Chuck gave the financial report. We had a beginning balance of \$16,066.77 and an ending balance of \$16,519.38. Our total deposits of \$3,779.20 which included Oxfordfest, Back Country Horsemen of America, Cotton Antiques, Tutu for Tatas, shirt sales and donations.

Margaret and Elaine talked about their participation in the Sunlight Missionary Baptist Church's Breast Cancer Awareness Tea.

Nancy handed out invitations to the Christmas Brunch that will be Saturday December 7th at 9 AM at the Oxford Public Library.

Margaret presented the slate of officers for the upcoming year.

President	Nancy Burnell and Co-President Elaine Johns
Vice President	Brenda Parker and Co-Vice President Cynthia McGinnis
Secretary	Ronda Terrell and C0-Secretary Nancy Buchmann
Photographer	Elaine Johns
Newsletter	Elaine Johns
Outreach	Gloria Woosley, Margaret Taylor, and Chuck Trull
Chaplain	Sherry Grinstead and Jenny Whitman

N further nominations, officers were elected as presented.

Sherry gave our devotion from Proverbs 3: 5-6, "Trust in the Lord with all thine heart; lean not unto thine own understanding. In all thy ways acknowledge him. And he shall direct thy paths." And Psalm 37:23, "The steps of a good man are ordered by the Lord; and He delighteth in His ways." What is the status of your life: How do we react when things do not go our way. Do we grumble and complain or do we know that the Lord has a plan for our lives and directs everything that goes on. The steps of a good man are ordered by the Lord. Instead of grumbling and complaining, the good man will let God lead in all our ways.

Sherry then went over a very lengthy prayer list and led us in Prayer.

Door prizes were won by Brenda, Gloria, Janet, Ronda, Elizabeth, and Chuck.

No further business, motion made by Eddie and seconded by Ronda that the meeting be adjourned.

Respectively submitted,
Brenda Parker, Secretary

Directions to the Oxford Public Library are:
coming west on Hwy 78 from the Quintard mall you will turn right
on Luttrell Street across from Western Sizzlin, go up the hill and the
Oxford Library is on the left. Look for pink balloons.

October In Review

Our October started in September. On September the 28th the Steel Magnolias were invited to Camp McClellan Horse Trails for a horse ride that would benefit us. Nancy, Elaine along with Christie Renfroe and her granddaughter Maryn arrived after the ride and enjoyed hotdogs and hamburgers



with all the fixings. They also have a giant fireplace that kept us nice and warm on that rainy Saturday. Nancy spoke to the group about the Steel Magnolias and she told them about her journey with breast cancer. They had 4 survivors there and one caregiver. Their stories were stories of courage and fear. Karen was the caregiver for her mother and her story was of love walking step by step with her mother through all her trials. They had a silent auction and sold tee shirts. We bid on several items and came home with some neat treasures. Shown in the picture left to right: Monty, Debbie, Nancy, Judy, Elaine, and Ponda. Karen is the caregiver in the second picture. The next week they presented us with a check for \$1,000 from the Back Country Horsemen of America.

Thank you so much for supporting the Steel Magnolias and we look forward to next year!

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October the 5th found us in downtown Oxford for the annual Oxfordfest. We had a great turnout of workers during the day. We talked to many women about the importance of monthly self-exams and yearly mammograms. Early detection is the key to surviving cancer. We added 6 people to our prayer list and sent out a care package to a lady who was scheduled for surgery. We sold our tee shirts and other breast cancer items and we had many generous donations. Thank to Karen, Steve, Runt, Linda, Katie, Brandon, Nancy, Robin, Paula, Cynthia, Brenda, Nancy, Ronda, Pat, Jimmy, and Margaret. This is always a great event. Thanks to Bull, Teresa, and the rest of the committee for your tireless work in making this happen!



October the 12th we were invited to Hooligan Harley Davidson for the Tutus for Tatas Ride hosted by the Guardian Belles. Their club is in Ashland and they came dressed for the day! We enjoyed meeting them and their families. They rode up to the east side of Cheaha and came back. This amazing group of people presented us with \$813. Many thanks to Hooligans, the Guardian Belles and Pink Heals for participating in this event. Susan and Bobby rode in the ride again this year.

Thanks to Margaret, Jimmy, Susan and Elaine for representing the Steel Magnolias.



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Steel Magnolias were invited to Carillon Oaks assisted living in Lincoln, Al. to present a program about our organization. Elaine and Margaret went to Carillon Oaks in Lincoln on October 11. We were greeted by an old friend of Margaret and Jimmy. We were in the Swinging Stars Square Dance Club together with her and her late husband several years ago.

We were escorted to the dining room that was set up for our program. We were able to meet and talk with each lady who attended and the one gentleman (I think he came for the snacks). We had a great time talking about Steel Magnolias, how the group began and how far it has come. We took some items from Pinks, one of our care packages and a gift bag for everyone that included a brochure, pen, notepad and Chapstick. Elaine and I talked about all the services we offer and answered any questions they had. Following the program there was a time of fellowship with cookies and punch. It was a delightful day and we had a fun time with these ladies.

Submitted by Margaret Taylor

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On October 19, Elaine and I were invited to the Sunlight Missionary Baptist Church to present a program for Steel Magnolias. We were greeted so warmly by the Pastor and his sweet wife and by so many others as well. Prior to our presentation there was a time of welcome and singing, then introduction of those having a part in the days event. We could truly feel God's presence in the music and prayers. When it was our time, we were once again able to tell this group, of over 50 ladies, about the work of Steel Magnolias. We were able to hear the stories of several ladies who were breast cancer survivors. All of them were very inspiring. Jackie Judkins also spoke to the ladies and shared her journey. She is more than willing to help anyone facing cancer. We have been able to send a care package to one of these young women who was to see her surgeon the following week to schedule her surgery for a bi-lateral mastectomy. Elaine and I had a great time with these ladies and hopefully we will be seeing some of them at our meetings next year.

Following the meeting, the church served a bounty of food for lunch. We were not able to stay for lunch but they loaded us up with to go boxes for later. The food was delicious and the desserts were, oh my!!! This wonderful church would like to partner with Steel Magnolias whenever and wherever they are needed!!!!



Submitted by Margaret Taylor

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On Tuesday, October 29th the Steel Magnolias attended RMC's "Pink or Treat". We were there to talk to women and encourage them to get their mammogram. RMC was offering 50 free mammograms for women who were uninsured or underinsured. They did sign up 27 women and we can still get someone a screening if you are in need. Just call our office at 256-231-8827. We saw plenty of super heroes, a princess or two and a few monsters. We shared our information with every woman who came into the parking lot. Thanks to Ronda, Margaret, Cynthia, Emmie, Pam, Shirley, Walter, Shawnee, Rebecca, Jay, and Elaine for coming to help out!



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For the month of October, Sunny King Ford, Sunny King Honda, and Sunny King Toyota pledged \$50 per car sold. We cannot begin to tell what a blessing they are to our group. It is amazing the love that the Sunny King Automotive Group shows our community. They are more involved in our area than anyone could ever imagine. Through their support of the Steel Magnolias they have advertised our name, shared our information, and they are helping us to make life a little easier for breast cancer patients in Calhoun and surrounding communities. We have a big "THANK YOU" to Patty King and John Bryan. Many thanks to Vernon Thomas and his staff at Sunny King Toyota, to Tony Russell and his staff at Sunny King Ford, and to Andre Champagne and his staff at Sunny King Honda. You all are a part of helping others.

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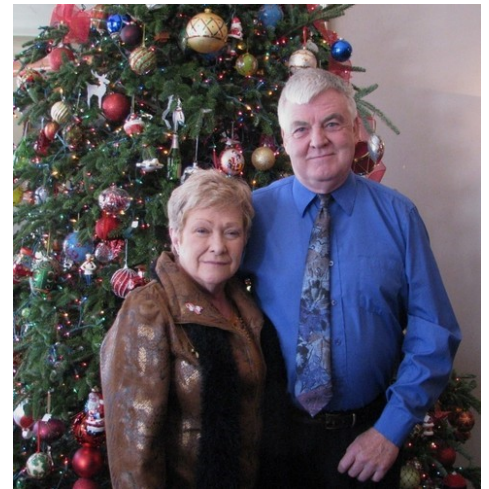
The end of the year is coming fast. It will be Thanksgiving before we know it and I pray everyone is safe during this traveling season. One thing I hope for is that everyone will share the birth of our Savior Jesus Christ with others this Christmas. Let's remember what Christmas is all about and the gift God gave us all! Have a **Merry Christmas** and a Happy New Year.





Brandon Rich, husband of Jessica Rich, passed away on October 30th at the age of 40. I know many of you probably did not know Brandon very well, he was quiet like Jessica. Brandon loved farming and gardening I got the chance a few years ago to set up a table for the Steel Magnolias at the Jacksonville Farmers Market during October. Jessica and Brandon made that happen. Brandon also supplied us with pumpkins and Indian corn to sell at Oxfordfest the next year. They also supported us through Rich Farms. What I did learn about Brandon was that he was a kind and generous guy. I saw that Brandon was well loved by his community, his church, and his family. Jessica needs our support and prayers at this time. This world needs more people like Brandon.

Nancy Gillespie March 3, 1947 – November 2, 2024
Nancy and Lawrence were members of the Steel Magnolias from 2011 through early 2016. Nancy served as Vice President and worked very hard to keep speakers for our meetings. She and Lawrence were very helpful in getting sponsors for the Lea Fite Golf Tournament. I know many have asked where I got my pink shirt with the pink ribbon and Steel Magnolias under it. Nancy embroidered the shirts for our members for the 2012 golf tournament. She did an outstanding job! Nancy was a devout Christian who served the Lord. I know Lawrence will miss her, but he knows he will see her again.



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Joggin' Inside

Dear Dad, School is really great. I am making lots of friends and studying very hard. With all my stuff, I simply can't think of anything I need, so if you would like, you can just send me a card, as I would love to hear from you.
 Love, Your Son.

The Reply:
 Dear Son, I know that astronomy, economics, and oceanography are enough to keep even an honor student busy. Do NOT forget that the pursuit of knowledge is a noble task, and you can never study enough.
 Love, Dad

Way to end a fight

Two women in a bus fighting bitterly over the last available seat. The conductor had already tried unsuccessfully to intervene when the bus driver shouted to the conductor, "Let the ugly one take the seat"! Both women stood for the rest of the journey.

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Pregnant at 71

A woman went to the doctor's office where she was seen by one of the younger doctors. After about four minutes in the examination room, she burst out screaming as she ran down the hall. An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room. The older doctor marched down the hallway back to where the young doctor was writing on his clipboard. "What is the matter with you" the older doctor demanded. "Mrs. Terry is 71 years old, has four grown children and seven grandchildren, and you told her she was pregnant?" The younger doctor continued writing and without even looking up said, "Does she still have the hiccups?"

STEP 1: IN FRONT OF A MIRROR



EXAMINE YOUR BREAST
WITH ARMS DOWN



EXAMINE BREAST AND ARMPIT
WITH RAISED ARMS



PLACE HANDS ON YOUR HIPPS
TO ENGAGE THE MUSCLES

STEP 2: IN THE SHOWER



RAISE YOUR LEFT ARM
ABOVE YOUR HEAD



EXAMINE YOUR LEFT BREAST
WITH YOUR RIGHT HAND



REPEAT THE SAME PROCEDURE
FOR THE RIGHT BREAST

STEP 3: ON THE BED



PLACE A PILLOW UNDER YOUR
RIGHT SHOULDER & RIGHT HAND
BEHIND YOUR HEAD



PRESS YOUR LEFT FINGER PADS ON
THE BREAST IN A CIRCULAR DIRECTION



CHECK YOUR NIPPLE, SWITCH
TO THE OTHER BREAST AND REPEAT

WHEN TO SEE A DOCTOR



IF YOU FEEL ANY LUMPS OR
SKIN DIMPLING



BREAST DIFFERS IN SIZE OR
SHAPE FROM THE OTHER



DICHARGE FROM NIPPLES
WITHOUT SQUEEZING