

Steel Magnolias

Breast Cancer Support Group, Inc.

Against All Odds

July 16, 2012

Love Finds A Way.....However, we sometimes have to find an easier path. Such is true at this time. Not since Steel Magnolias was established has our leadership been challenged more by ailments. This is my disclaimer for looking into past newsletters for inspirational content for this July 2012 newsletter.

In recent years our freedom has been threatened by those who hate us because of our love of freedom. **WHETHER WE ARE TALKING** about political freedom, freedom from memories of past mistakes, the restraints of mind, body and spirit, with which we struggle, the result of serious illness, or forces that would derail us, we all crave FREEDOM. A line from a powerful song, "Let Freedom Ring," by Bill and Gloria Gaither, says it best: "And even life begins because a baby fights for freedom."

Not since the birth of Steel Magnolias Breast Cancer Support Group, have so many of our group, including me, felt more challenged in our mission. Not a challenge from people who do not understand or appreciate our mission but by ailments that are part of being human. Physical illness causes some to seek comfort in a fetal position, avoiding contact with others, not realizing the benefits that abound from those who can relate to their painful journey.

As I thought about how easy it is to shrink away from others at a time of suffering, I looked for quotes that could drive home how easy it is to lose our sense of self. Of how powerful our testimony is to others who are struggling and

how much we need each other.

Two powerful quotes from the heart of Fredrick Buschner, Presbyterian minister:

"The original, shimmering self, gets buried so deep that most of us end up hardly living out of it at all. Instead we are constantly putting on and taking off like coats and hats against the world's weather"

"The place to which God calls you is the place where your deep gladness and the world's hunger meet."

The Law of the Garbage Truck, by David Pollay clearly outlines how to stay positive when all around you are negative. When we see and hear negativity, we are to simply refuse to acknowledge or respond in like manner.

Og Mandino voiced it this way:
"Never allow anyone to rain on your parade and thus cast a pall of gloom and defeat on the entire day. Remember that no talent, no self-denial, no brains, no character, are required to set up in the fault finding business. Nothing external can have any power over you unless you permit it. Your time is too precious to be sacrificed in wasted days combating the menial forces of hate, jealousy, and envy. Guard your fragile life carefully. Only God can shape a flower, but any foolish child can pull it to pieces."

A few weeks ago, Helen Henley called and said Chaplain Wilson would like for us to call a young breast cancer patient. Misty is fighting her second battle with



Sharing love through support

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cancer—stage 4. She is the mother of four children, her youngest is only 6 years old. Margaret Taylor, who struggled for three months to regain her health, called to tell me what a blessing it was to be able to provide comfort to this struggling mother.

Thank you Margaret and the other Steel Magnolias who, in spite of your own battles, are ready always to comfort others. God's Word puts it this way, "God has brought us through the dark places first that we might be a comfort to others."

In October of 2000, as I packed for my trip to UAB for TRAM reconstruction, I carefully chose reading material. Having recently read Dr. Ben Carson's book, "Gifted Hands," I bought his book, "Think Big." I will confess, following surgery, the title of my selection gave me quite a laugh! I didn't choose the book because of a vision of a certain physical form. I went into surgery with the memory of my encounter with Dr. Bruce Wilkinson, at the Joy Christian Book Store in Jacksonville. Dr. Wilkinson gave me his book, The Prayer of Jabez. In my effort to understand why God wanted me to have this little book, The Prayer of Jabez, I did aspire to THINK BIG.

Think Big Dr. Ben Carson

T – Talent

Learn to recognize your God given talents (and we all have them). Develop those talents and use them in the career you choose. Remember T for talent puts you far ahead of the game if you take advantage of what God gave you.

T also – Time

Learn the importance of time. When you are always on time, people can depend on you. You prove your trustworthiness. Learn not to waste time, because time is money and time is effort. Time usage is also a talent. God gives some people the ability to manage time. The rest of us have to learn how. And we can!

H – Hope

Don't go around with a long face, expecting something bad to happen. Anticipate good things; watch for them.

H also – Honesty

When you do anything dishonest, you must do something else dishonest to cover up, and your life becomes hopelessly complex. The same with telling lies. If you're honest, you don't have to remember what you said last time. Speaking the truth each time makes life amazingly simple.

I – Insight

Listen and learn from people who have already been where you want to go. Benefit from their mistakes instead of repeating them. Read good books like the Bible because they open up new worlds of understanding.

N – Nice

Be nice to people- all people. If you're nice to people, they'll be nice to you. It takes much less energy to be nice than it does to be mean. Being kind, friendly and helpful takes less energy and relieves much of the pressure.

K – Knowledge

Knowledge is the key to independent living – the key to all your dreams, hopes and aspirations. If you are knowledgeable, particularly more knowledgeable than anybody else in a field, you become invaluable and write your own ticket.

B – Books

I emphasize that active learning from reading is better than passive learning such as listening to lectures or watching television. When you read, your mind must work by taking letters and connecting them to form words. Words make themselves into thoughts and concepts. Developing good reading habits is something like being a champion weightlifter. The champion didn't go into the gym one day and start lifting 500 pounds. He toned his muscles, beginning with lighter weights, always building up, preparing for more. It's the same thing with intellectual feats. We develop our minds by reading, by thinking, by figuring out things for ourselves.

I – In Depth Learning

Superficial learners cram for exams but know nothing two weeks later. In-depth learners find that the acquired knowledge becomes a part of them. They understand more about themselves and their world. They keep building on prior understanding by piling on new thinking, by figuring out things for themselves by piling on new information.

G – God

Never get too big for God. Never drop God out of your life.

New Beginnings Banquet is the title we gave our annual event, held the 4th Tuesday of July. We chose the date because Independence Day is still fresh on everyone's mind. Not every soldier who fights the good fight to keep America free, will survive the battle. As well, not every person diagnosed with cancer will be a survivor, however, we celebrate life, knowing that our positive attitude releases hormones that arm us for the battle, giving us a longer more comfortable life. I love this quote: "Laughter is wine for the soul—laughter soft or loud and deep; tinged through with seriousness—the hilarious declaration made by man that life is worth living." Sean O'Casey, Irish Playwright

A Smile is Cheer to you and me. Unlike most blessings for which we pray, it's one thing we keep when we give it away.

Steel Magnolias, Inc



9TH ANNUAL NEW BEGINNINGS BANQUET

Tuesday, July 24
6:00 pm

Classic on Noble

Singing by:

Dixie Reynolds and Margaret Taylor

Featuring the humor of:

Comedian, Zenus Windsor

Some tickets are still available at \$25. Ticket covers the cost of a great dinner and a fun evening! Please call (256) 231-8827. or email lenora@steelmagnoliasinc.org.

Want tickets?
Don't wait, they
will be sold—
First come until
they are gone.

Please call Helen
(256) 235-5146
Remaining tickets
are in the
Chaplain's office
Suite 406 of RMC
Physicians Center
901 Leighton Ave.

Zenus Windsor has
entertained through-
out the South, at
conventions and
many differing func-
tions. He is often
asked to tell his
"Okra Story," and
many other stories
that remain favorites
with those that have
heard him

Zenus loves sharing
his stories and
making people
laugh.
Zenus insists,
"Laughter is
The best
Medicine!"

Correspondence

To Steel Magnolias:

Just a note to send my heartfelt thanks for all that you all do. God has blessed me so much! Since I got my diagnosis! Praise Him! Thank you and bless you all very much!

Betty.....Wellington, AL

Great tasting recipes don't always have to be complicated, they can be easy and quick.....

Tarragon Chicken Salad

Stir Chicken and all other ingredients together. Chill and enjoy. Makes 5 ample servings

- | | |
|---|--|
| 2 10 oz cans Chunk Chicken Breast (Drained) | 1/2 cup Mayonnaise (I use reduced fat) |
| 2 stalks of Celery (Cut in small pieces) | 1/2 cup Sour Cream (I use Light) mix with Mayonnaise |
| 2 cups of grapes (I prefer white) | 1/2 tsp. dried Tarragon (Sour Cream dressing) |

Courtesy of Lenora Johnson

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

Thursday July 19 & Friday July 20: Dining Voucher Bazaar, 8:00 AM to 5:00 PM, 3rd floor Lobby of Regional Medical Center. Steel Magnolias, Men of Steel and Volunteers be in the Lobby at 7: 00 AM to place items for sale and items for silent auction on tables. More info, call (256) 231-8827

Tuesday July 24, 2012: 9th Annual New Beginnings Banquet, 6:00 PM, Classic On Noble. Steel Magnolias and Men of Steel be at Classic no later than 5:00 PM for final set-up before guests arrive. We still have a few tickets @ \$25. See Helen Henley or other volunteer in Physicians Center, Suite 406. (256) 231-8827 or email lenora@steelmagnoliasinc.org

Monday August 20, 2012: Newsletter Mailing Day, 12:30 pm, in RMC Physicians Center, Suite 406

Tuesday August 28, 2012: Steel Magnolias & Men of Steel Meeting, 5:00 PM, in suite 403 of RMC Physicians Center. RMC will provide Pasta Salad with Pepperoni. Steel Magnolias bring other salads, fruit or desserts.

Financial Report

June		Balance Brought Forward	\$25,364.60
01 (+)	50.00	Deposit Check #1459 refunded by Junior League	25,414.60
01 (-)	100.00	Lenora Johnson, Monthly Expense	25,314.60
04 (+)	200.00	Contribution	25,514.60
09 (-)	1,350.00	Downey Medical, Prosthesis (650 bal. on Junior League Grant)	24,164.60
09 (-)	321.55	Advanced Printing, 50 posters and 1000 brochures	23,843.05
09 (-)	57.00	Kyuka Waters, Anniston Oncology and RMC West	23,786.05
21 (-)	269.38	Margaret Taylor, Sam's-snacks for chemo patients	23,516.67
21 (-)	670.00	American Awards-1000 lapel pins	22,046.67
18 (-)	90.00	Pokey Warren, 15000 mailing labels	21,956.67
18 (-)	30.00	Marti Warren, Shelf for Pinks Boutique	21,926.67
21 (-)	163.06	Lenora Johnson, Office Max-ink cartridges-paper and envelopes	21,763.61
21 (-)	74.83	Margaret Taylor, Target for Sweeper and cleanser, Postmaster For Roll of Stamps	21,688.78

Joggin Inside

40 Pounds

A Polish fellow was overweight, so his doctor put him on a diet. "I want you to eat regularly for 2 days, then skip a day, then eat regularly for 2 days then skip a day.....And repeat this procedure for 2 weeks. The next time I see you, you should have lost 5 pounds." When the Polish guy returned, he shocked the doctor by having lost nearly 40 pounds! "Why, that's amazing!" The doctor said. "Did you follow my instructions?" The Polish guy nodded....."I'll tell you though, I thought I was going to drop dead on that third day." "From hunger, you mean?" asked the doctor. "No, from all the skipping.....!!!" Courtesy of Pokey.....Anniston, AL

Jesus Knows You're Here

A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said, "Jesus knows you are here." He nearly jumped out of his skin, clicked his flashlight off and froze. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard, "Jesus is watching you." Freaked out, he shined his light around frantically, looking for the source of the voice. Finally, in the corner of the room, his flashlight beam came to rest on a parrot. "Did you say that?" he hissed at the parrot. "Yep," the parrot confessed, then squawked, "I'm just trying to warn you that he is watching you." The burglar relaxed. "Warn he, huh? Who in the world are you?" "Moses," replied the bird. "'Moses?" the burglar laughed. "What kind of people would name a bird Moses?" "The kind of people that would name a Rottweiler Jesus." Courtesy of Pokey.....Anniston, AL

Voted Best Email of the Year By Women

A man was sick and tired of going to work every day while his wife stayed home. He wanted her to see what he went through so he prayed, "Dear Lord: I go to work every day and put in 8 hours while my wife stays at home. I want her to know what I go through, so please allow her body to switch with mine for a day." God, in his infinite wisdom, granted the man's wish. The next morning, sure enough, the man awoke as a woman....He arose, cooked breakfast for his mate, awakened the kids, set out their school clothes, fed them breakfast, packed their lunches and drove them to school, came home and picked up the dry cleaning, took it to the cleaners and stopped at the bank to make a deposit, went grocery shopping, then drove home to put away the groceries, paid the bills and balanced the check book. He cleaned the cat's litter box and bathed the dog. Then it was already 1:00 P.M. And he hurried to make the beds, do the laundry, vacuum, dust and sweep and mop the kitchen floor. He ran to school to pick up the kids and got into an argument with them on the way home. He set out milk and cookies and got the kids organized to do their homework. Then he set up the ironing board and watched TV while he did the ironing. At 4:30 he began peeling potatoes and washing vegetables for salad, breaded the pork chops and snapped fresh beans for supper. After supper, he cleaned the kitchen, ran the dishwasher, folded laundry, bathed the kids, and put them to bed. At 9:00 P.M. he was exhausted and while his daily chores weren't finished, he went to bed where he was expected to make love, which he managed to get through without complaint. The next morning he awoke and immediately knelt by the bed and said, "Lord, I don't know what I was thinking, I was so wrong to envy my wife's being able to stay home all day. Please, Oh! Please, let us trade back. Amen!" The Lord, in his infinite wisdom replied, "My son, I feel you have learned your lesson and I will be happy to change things back to the way they were. But you'll have to wait nine months. You got pregnant last night." Courtesy of Nancy.....Oxford, AL

Bible Class

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Bible class. As she ran she prayed, "Dear Lord, please don't let me be late!" While she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off and started running again. As she ran, she once again began to pray, "Dear Lord, please don't let me be late....But please don't shove me either!"

Wedding Dress

Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?" The mother replied, "Because white is the color of happiness and today is the happiest day of her life." The child thought about this for a moment then said, "So, why is the groom wearing black?"

What Would You Do

A police recruit was asked during an exam, "What would you do if you had to arrest your own mother?" He answered, "Call for backup!" Courtesy of Pokey.....Pokey.....Anniston

Laughing

You don't stop laughing because you grow old. You grow old because you stop laughing! I thought you would enjoy this.....times are tough right now....so we need to make the day a happier place.!"

DINING VOUCHER BAZAAR

RMC 3rd floor, Main Lobby

THURSDAY & FRIDAY—JULY 19 & 20
8:00 AM—5:00 PM

2012
Steel Magnolias
BAZAAR
Exquisite Auction & Sale Items

Books
Exercise Bike
Baked Goodies!
Creative Ideas
Mari's Recycled Antique Jewelry
Household Items
Christmas In July
Gift Baskets Guy & Girl Gifts
Bazaar—Great Prices

HOW TO HELP

To contribute any item of value, new or gently used, or to volunteer to help with the bazaar, please call (256) 231-8827 or email lenora@steelmagnoliasinc.org

Items can be brought to the Steel Magnolias office, Suite 407 of the RMC Physicians Center, or left with a volunteer in suite 406.

Proceeds from this Bazaar will be deposited into the RMC Foundation, Steel Magnolias account, to pay for dining vouchers, given in Same Day Surgery, to two family members of any cancer patient, in surgery at RMC, Anniston.

\$5.00 DINING VOUCHER \$5.00
For the family of Cancer Surgical Patient

Courtesy of:
Steel Magnolias Breast Cancer Support Group, Inc.
www.steelmagnoliasinc.org
Not redeemable for cash
No Change
Good **ONLY** in hospital cafeteria

\$5.00

Mission Statement
Because Cancer is CANCER, a family member or significant other of a patient in cancer surgery is provided a dining voucher by the Steel Magnolias Breast Cancer Support Group, Inc. We pray God's guidance for both patient and loved ones.
Lenora Johnson, Executive Director
Contact us: Suite 407 of RMC Physicians Center
901 Leighton Ave., Anniston, AL 36207
lenora@steelmagnoliasinc.org (256) 231-8827

