Steel Magnolias

Breast Cancer Support Group, Inc.

"Life".....A Mystery To Be Lived

I'm Sure You Don't Remember Me?

A man in his sixties, walked into the registration room at Pine Hill Country Club, registered and turned to claim his door prize. I stood ready to match his ticket with one attached to a gift on a nearby table. The man said, "I'm Jimmy Henderson, I'm sure you don't remember me?"

The question took me back to an old house on Anniston Beach Road. The year was 1963. I responded, "Oh, yes I do remember you! You provided transportation for my brother, Gerald, to and from Alexandria High School. That has been a while ago, but I still recognize you."

Raymone Underwood, from Houston, Texas and Roger Hurst, from my neck of the woods. rounded out Gerald's four -man scramble. Because this was also a day in memory of our dad, Thomas Payne Washington, on his 100th birthday, these friends had wholeheartedly said yes to Gerald's invitation to play in

this golf tournament.

Observing Gerald with his band of brothers, whose friendships had remained, strong, even after the passing of so many years and struggles with so many of life's challenges, awakened memories of our family's search for a fresh start.

On July 3, 1963, like a load of Gypsies, the Payne Washington family rolled into Calhoun County. The old Chevrolet, Bel Air pulled a U-Hall trailer, carrying everything Payne and Maxine Washington, who married during the Great Depression, had to show for their years of digging a life out of Florida's rich soil.

The Tie That Binds

Sunday afternoon, May 9, 2010, after first attending church and then joining Greg and family for lunch at the House of Chen, my brother Gerald and I sat in the den of the lake house, reliving the events of the previous day.

A 20x30 poster of the Steel Magnolias, Senator Kim Benefield, Tommy Buzan, the late Representative Lea Fite, and Gov. Bob Riley was displayed near the registration table at the Pine Hill Country Club. The picture, in celebration of Gov. Bob Riley signing into law HB147, was made in the Archives Room of the Alabama State Capital. The law cleared the way for qualifying, uninsured breast and cervical cancer patients to be approved for Medicaid without having to be diagnosed in a federally funded clinic.

Signing In

Team after team made their way from the registration table to collect a door prize. After eating a sandwich from Marie's BBO, they headed out to play golf. The energy from these men and women who responded to the invitation to be part of the 1st Annual Lea Fite Memorial Golf Tournament was electric.

Everyone gathered outside as tournament rules were read. Dr. Dave shared a few words about Steel Magnolias and how Rep. Fite was

May 17, 2010



Sharing love through support

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instrumental, as sponsor of HB147, in closing the loophole in the Alabama Breast and Cervical Cancer Treatment Act. Margaret Taylor teed off. Dr. Dave Roberts blessed the tournament with prayer and the Lea Fite Memorial Golf Tournament was underway.

Prizes

Closest to the Pin:

Matt Brown Lewis LeCroy Pat Howell Ott Chandler

Longest Drive Marcus Harrell

The longest drive prize was given by Lenora Washington Johnson, Gerald Washington and Debby Washington Summers, in memory of their dad's 100th birthday. Born May 8, 1910 Died June 27, 1990

First Flight (3rd Place)

Ott Chandler Dalton Chandler David Martin Lewis LeCroy

First Flight (2nd Place)

Ron McClellan Rex Keeling Judson Norton Buddy McKay

First Flight (1st Place)

Lynn Caffey Chris Bussing Matt Brown Shawn Ledbetter Second Flight (3rd Place)

Diane Gable Kay Eiland Pat Howell Cassie Shelton

Second Flight (2nd Place)

Gladys Sapp Ricky Hinds Phillip Sonderson Derrick Webb

Second Flight (1st Place)

Thomas Cobb Johnny Shackelford Wallace Minnifield Larry Mitchell



May 1960 Thomas Payne Washington family Back: Maxine, Payne, Lenora Front: Gerald, Debby, Betty



Marcus Howell, JSU golf instructor hit "Longest Drive." Lenora and Gerald presented prize in memory of their dad.



Lenora with Alexandria Class of 1965 Team

When my brother, Gerald, read about the Lea Fite Memorial Golf Tournament, planned for May 8, 2010, he phoned to tell me that he was going to try and put a team together and he hoped it could be friends from Alexandria High School, class of 65.

Gerald asked, "Lenora did you think about the tournament being on our dad's 100th birthday?" I responded, "Oh my gosh! I thought about Dad's birthday, but I did not remember that it is his 100th."

What great friends! One might expect Gerald to drive from Moore, Oklahoma because of Dad's birthday, however, to have a friend like Ramone Underwood, who drove from Houston, Texas, WOW! Ramone, Jimmy, Roger, you made this year's event a cherished memory for Gerald, Debby and me. THANK YOU!!!

Pictorial Journey 1st Lea Fite Memorial Golf Tournament





Steel Magnolias and Men of Steel-Pumped and ready to GO!



Margaret Taylor Teeing off



Load 'em up—May the best team win!



Dr. Jeffery Collins checks scores as Dr. Dave Roberts double checks envelopes of prize money



Yeah!!! The all women's team scored high enough for a prize! Even Dr. Dave is pleased.

Steel Magnolias sincerely thanks Mike Sanders for sponsoring this 1st Annual Lea Fite Memorial Golf Tournament. We thank everyone who bought a hole sponsorship or gave a door prize. Thank you Marie's BBQ, in Heflin, for delicious Sandwiches and Coca Cola Bottling for beverages. We deeply appreciate every person who participated in this tournament and we trust your team will be back in 2011 to play in the 2nd Annual Lea Fite Memorial Golf Tournament. Thank you Dr. Dave Roberts, Men, of Steel Director, Jimmy Taylor and Steel Magnolias Office Manager, Margaret Taylor for your tireless work! Thank you Cory Etter and Pine Hill Country Club for being so helpful. Faithfulness of Steel Magnolias members made it possible for every golfer to have a door prize. GREAT EVENT!!

Happy Father's Day

A few weeks ago, Pokey Warren sent a most interesting Email. The title is "How Old is Grandma?" This just as easily could have been, "How Old is Grandpa?" As I read this mail, it occurred to me that the generation gap is most profound in 2010, simply because of the meteoric speed in the advancement of technology. Just to illustrate this point, a few lines from , "How Old is Grandma/Grandpa?"

Grandma's answer: I was born before: Television, Penicillin, Polio Shots, Frozen foods, Zerox, Contact Lenses, Frisbees and the Pill. There was no radar, Credit Cards, Laser beams or Ball point pens. Man had not invented: Pantyhose, Air conditioners, Dishwashers, Clothes dryers and man had not yet walked on the moon!

Are you feeling old yet? Grandma/Grandpa would be only 58 years old!!!!!

Character

Listen to your father, who gave you life, and do not despise your mother when she is old. Proverbs 23:22 NIV Character traits are sculpted under the watchful eyes of moms and dads. Purity. "Reject anything that lowers your standards." Compassion. "When another hurts, feel it with him." Diligence. "Work hard. Tough it out." Charles R. Swindoll......Words of Encouragement

Getting Back To Basics

Because there was no other option, the recession of the past few years has caused many young moms and dads to get back to a more basic lifestyle, more like what their parents lived. Having said that, I am very grateful for the advances that enable me to produce an 8-page newsletter each month for Steel Magnolias and shoot it out to Email accounts and have immediate contact with anyone I choose, provided they have an Email address.

My sons know, all too well, about mine and their dads technological limitations. It gives opportunity for a good many jokes at our expense. I'm sure we are not unique!

In 1990, at my Dad's memorial service, a good friend sang, "Daddy's Hands." In this computer age, children need to still be thankful for Daddy's Hands. Whether a blue collar or a white collar worker, dads still spend many hours working to make a living for their families.

Happy Fathers Day: Prentiss, Van, Bill, Greg and every father who reads this newsletter!

The picture of the Payne Washington family was made in May, not many days after my return from a 7 day class trip. In the day, we had the same class sponsor from 9-12th grades. As a class, we worked, four years to raise funds so that everyone would be able to go, tickets, passports, etc. paid for by the work of our hands. The following poem was written soon after getting home. I would love to publish creative works by readers of this newsletter. Much of a writer's joy comes from knowing someone enjoyed it.

Jamaica Goodbye Lenora Washington/Johnson Immokalee, Florida May, 1960

The beauty of Jamaica in the cool April night; Fills the heart with romance and tingling delight.

The roar of the ocean and the rhythm of drums;

Calls to the listener, come, come, come.

Silver foam on the ocean, and crisp salty air Erases from life much worry and care.

Down by the seaside with baskets of goods; Village women sell their souvenirs of coral and wood.

Narrow mountain trails in the soft moonlight: Reach down to the water, in the stillness of night.

"Jamaica Goodbye," sings the native combo; You've visited our land and now you must go."

Enchanting is the night as the ship, leaves dock;

Leaving behind a land of love and tender mock.

Sad is the mood in the cool trade winds; Calling to the dreamer, "Please come again."

Correspondence

Dear Steel Magnolias,

I can't begin to tell you how special and beautiful the orchid plant you sent was. When I opened the card, my eyes welled with tears, seeing that it was from my dear, sweet, family, family of Steel Magnolias. The plant has three large stems, full of bloom, and to me each has a significance: (1) Love-because it was sent and received with love. (2) Courage- because of the battle we have all fought, yet still remain strong. (3) Faith-because of all we've been through, and how Blessed we are to have each other. You have all touched my life in a special way. I am humbled by your kindness and thoughtfulness. Please continue to remember us in your prayers as we travel this journey. My Love, Nancy....Oxford, AL

Hello,

I am a 27 year old, single female and international graduate student in Alabama State. Last week, I have just been diagnosed with breast cancer. I have known nothing about the hospital system here and do not know what to do. I was diagnosed in East Alabama Health Center, AL. I do not know what are the differences between different hospitals? Should I transfer to another hospital and do treatment? If so is there any good hospitals near here? Thanks, Hannah....Auburn, AL

(NOTE) Silvia Ramsey provided the name and phone number in the APHD in Montgomery of an employee, of Hannah's ethnic background. I encouraged Hannah to keep us updated and mailed Care Packages to her. Everyone please keep this young woman in your prayers.

Hi Lenora,

I hope your event is a big success today! Lea Fite is looking down with gratitude and pride I'm sure. Count me in for \$50, I'll send the check to you.

Best, David......Ocean Ridge, FL

Steel Magnolias School Girl Awareness Program Randolph County



Due to a grant of \$1200, acquired by Senator Kim Benefield, Steel Magnolias was able to go into the Randolph County School System to present the "We're Taking Care of Our Lives" program for young girls, ages 7-12 grades. Superintendent Paul Gay presented the \$1200 check to Margaret Taylor to pay for the program. Mrs. Joyce Roundtree, head nurse for the Randolph county School System, scheduled the dates and time for each school to receive this program about how to perform BSE, Breast Self-Examination.

On Monday, April 19 and Wednesday, April 21, Margaret Taylor and Mrs. Roundtree presented the program to the Woodland School. There were approximately 198 girls from 7th-12th grades. On

Monday, April26 and Tuesday, April 27, we presented to the Randolph County High School. There were approximately 196 girls from 7th-12th grades. On Thursday, April 29, the program was presented to Wadley High School. We had about 94 girls from 7th-12th grades. The girls showed great interest in learning about breast self-exam. Mrs. Rountree did a terrific job of planning the classes and answering questions from the girls. The staff at each school was extremely helpful and appreciated this program coming to their school. Submitted by Margaret Taylor

Senator Kim Benefield said, "I am so glad Steel Magnolias are working in our schools with a truly life saving message. Hopefully, these girls will share what they learn with moms, aunts and grandmothers." Steel Magnolias are committed to spreading the message that early detection saves lives. Where better to start than in our high schools. These girls will have a far better chance of being diagnosed when their cancer is most successfully treatable.

Occult means hidden. So, an occult cancer is hidden from the usual and ordinary screens for breast cancer, such as physical exam and mammography. Mammograms are an excellent way to detect early cancer; but as is true for all tests, some cancers are missed. Mammograms may fail to detect as many as 20% of early malignancies. So-what's a woman to do.

- 1. For the average risk-woman, screening with yearly mammograms and monthly self-breast exams is the recommended policy.
- 2. For high-risk women, other screening methods should be considered. The high-risk groups are: (a) Those with familial breast cancer, i.e. carriers of BRCA 1 or BRCA 2 mutations. (b) Those with the familial risk of breast cancer i.e. at least two first-degree relatives with breast cancer, or one first-degree relative with premenopausal breast or a family history of both breast and ovarian cancer or a first-degree male relative with breast cancer. © Lobular carcinoma in situ or atypical ductal hyperplasia. (d) Prior chest wall radiation.

Other screens for occult breast cancer include ultrasound and MRI. However, it is important to know that DCIS (ductal carcinoma in situ), the earliest of breast cancers, is more accurately detected by mammogram.

PET scans are not helpful in detecting early breast cancer.

MRIs may have a role in detection. MRI detection of breast cancer requires a special addition (coil) to the machine and also requires special expertise on the part of the radiologist. MRI screening is recommended for young women with more than 15% risk of breast cancer. MRI is more sensitive (detects more cancers), but less specific (more often predicts a cancer when one is not present) than mammograms. This later feature is a cause of much anxiety and leads to unnecessary biopsies. There is a huge difference in cost: about \$950 for an MRI versus \$50 for a mammogram.

Occult breast cancer can also be found in women with metastatic disease, i.e. disease which has spread to another site. About 10% of patients who come to the oncologist office with cancer will have an unknown primary site. It is important to try to locate the site of origin, as treatment is different for tumors originating at different sites. Since breast cancer is highly treatable, it is important to determine if this is the cancer's originating site. This can be done by genotyping the cancer using tissue stored at the time of the initial biopsy. If you have a carcinoma of unknown primary site, ask your oncologist if genotyping has been done.

Early detection is the surest way to cure breast cancer—insist that you get your screening mammograms.

Ellen Spremulli, MD (256) 238-1011

Steel Magnolias & Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc. and Men of Steel met on April 27, 2010, 5:00 pm in the Cancer Resource Center. We enjoyed a meal of baked potatoes, provided by RMC Cafeteria, salads and desserts, provided by Steel Magnolias members.

Following the meal, Chaplain Ina Rooks reported on the prayer list. Some additions were added. Lenora Johnson read a thank you note from Nancy Burnell for the orchid sent to she and Harry. Ina offered intercessory prayer.

Jimmy Taylor reported on the Lea Fite Memorial Golf Tournament and encouraged everyone who could to be at the tournament to help. Dr. Dave Roberts distributed golf shirts and caps, and explained the process for the tournament.

There being no other business, meeting was adjourned. Respectfully submitted, Margaret Taylor

Financial Report

April	Balance Brought Forward	\$5,339.36
01 (-) 100.0	DO Lenora Johnson—Monthly Expense	5,239.36
01 (-) 100.0	Anniston Oncology—Stranded patient transportation fund	5,139.36
05 (+) 2,112.0	Bake Sale—1,239.00, RAJ Sale—750.00, Contributions for Burnell Flow-	
	ers—20, Bear Hugger Pins—80, Quilt Raffle & Braid Necklaces—23.80	7,252.16
05 (-) 247.5	O Advanced Printing	7,004.46
05 (-) 89.1	Miller Florist—Nancy & Harry Burnell (Easter Flowers)	6,915.36
05 (-) 77.8	5 Armstrong Florist—-Hazel Johnson Rudolph (Funeral)	6,837.51
20 (-) 14.0	0 Kyuka Waters	6,823.51
20 (-) 105.7	Nunnally's Framing—Pinks Open House News Award	6,717.74
28 (-) 96.5	Postmaster—2 Rolls of Stamps (For Office & Lenora)	6,621.21
30 (+) 405.0	Contribution—250, Bake Sale—100, Quilt Raffle—55	7,026.21

MARK YOUR CALENDAR

Monday, May 24, 2010: Margaret Taylor will be guest speaker at the Anniston Pilot Club meeting, 11:00 am at House of Chen

Tuesday, May 25, 2010: Pizza Supper—Steel Magnolias & Men of Steel meeting, 5:00 p.m. in the Cancer Resource Center, Suite 406, Physicians Center. Those attending, please bring a light dessert or fruit. Steel Magnolias will provide Pizza and RMC will provide Salad. Before eating, Nick Kaufman will take Steel Magnolias & Men of Steel on a tour of the RMC Imaging Dept.

Thursday May 27 & Friday May 28, 2010: 8am-4pm, While Wendy and Charlotte are away, Steel Magnolias will be in the Cancer Resource Center.

Monday, June 14, 2010: 12:15 p.m. in suite 103 – Physicians Center to Stuff envelopes to mail newsletter.

Tuesday, June 22, 2010: Steel Magnolias & Men of Steel meeting. More details later.

Special Announcement

Steel Magnolias Breast Cancer Support Group, Inc. was selected by a committee at the University of Alabama to be a 501 c 3, approved to receive an official game ball signed by Coach Nick Sabin. Steel Magnolias will be auctioning, (Silent Auction) this football. We have already received a \$100 bid. If you are interested in the 2009 National Champions, Crimson Tide Football Team and would like to own an official game ball, signed

Roll Tide Nick Sabin

Call the Steel Magnolias office (256) 231-8827 or Email Lenora@steelmagnoliasinc.org We will stop taking bids on July 27.

Something To Get Excited About!

Motivational Speaker, David J. Pollay's much anticipated book will be available for sale in early October. Steel Magnolias have taken the NO GARBAGE TRUCK PLEDGE and have awaited this announcement. David Pollay's publisher is Sterling Publishing, (a Barnes and Noble company). I encourage everyone, watch for this book!

Joggin' Inside

Why Parents Drink

It is with great sorrow that I'm writing you. I had to elope with my new girlfriend because I want to avoid a scene with Mom and you. I have been finding real passion with Stacy and she is so nice. But I knew you would not approve of her because of the piercing, tattoos, tight motorcycle clothes and the fact she is much older than I am. But it's not only the passion...Dad she is pregnant. Stacy said we will be very happy. She owns a trailer in the woods and has a stack of firewood for the whole winter. We share a dream, of having many more children. Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves and trading it with the other people that live nearby for cocaine and ecstasy. In the meantime we will pray that science will find a cure for AIDS so Stacy can get better. She deserves it. Don't worry Dad, I'm 15 and I know how to take care of myself. Someday I'm sure that we will be back to visit so that you can get to know your grandchildren. Love, Your Son, John P.S. Dad, none of the above is true. I'm over at Tommy's house. I just wanted to remind you that there are worse things in life than a Report Card that's in my desk drawer. I love you. Call me when it's safe to come home. Courtesy of Pokey......Anniston

Two Hunters From Cleveland

Two hunters from Cleveland hired a pilot to fly them to Canada to hunt moose. They bagged four. As they started loading the plane for the return trip home, the pilot tells them, the plane can take only two moose. The two hunters objected strongly, stating, "Last year we shot four moose, and the pilot let us put them all on board, and he had the same plane as yours." Reluctantly, the pilot gave in and all four were loaded. Unfortunately, even at full power the little plane couldn't handle the load and crashed a few minutes after takeoff. Climbing out of the wreck Stan asked Wadley, "Any idea where we are?" Wadley replied, "I think we're pretty close to where we crashed last year." Courtesy of Pokey.....Anniston

Brain Transplant

In the hospital, the relatives gathered in the waiting room, where their family member lay gravely ill. Finally, the doctor came in looking tired and somber. "I'm afraid I'm the bearer of bad news," he said as he surveyed the worried faces. "The only hope left for your loved one at this time is a brain transplant. It's an experimental procedure, very risky but it is the only hope. Insurance will cover the procedure, but you will have to pay for the brain yourselves.." The family members sat silent as they absorbed the news. After a great length of time, someone asked, "Well, how much does a brain cost?" The doctor quickly responded, \$5,000 for a male brain, and \$200 for a female brain." The moment turned awkward. Men in the room tried not to smile, avoiding eye contact with the women, but some actually smirked. A man unable to control his curiosity, blurted out the question everyone wanted to ask, "Why is the male brain so much more expensive?" The doctor smiled at the childish innocence and explained to the entire group, "It's just standard pricing procedure. We have to mark down the price of the female brain, because, they've actually been used." Courtesy of Pokey.....Anniston

Wal-Mart Senior Greeter

Charlie, a new retiree greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "Older Person Friendly" policies. One day the boss called him into the office for a talk. "Charlie, I have to tell you, I like your work ethic, you do a bang up job, but your being late so often is quite bothersome." "Yes, I know boss, and I am working on it." "Well good, you are a team player. That's what I like to hear. It's odd though, you're coming in late. I know you're retired from the Navy. What did they say if you came in late there?" "They said, 'Good morning, Admiral. Can I get you some coffee, sir?"" Courtesy of Pokey......Anniston

By Choice or By Circumstances

While attending a Marriage Weekend, Walter and his wife Mary, listened to the instructor declare, "It is essential that husbands and wives know the things that are important to each other." He then addressed the men, "Can you name and describe your wife's favorite flower?" Walter leaned over, touched Mary's arm gently, and whispered, "Gold Medal-All Purpose or Pillsbury?" And thus began Walter's life of celibacy. Courtesy of Pokey.....Anniston