Steel Magnolias

Breast Cancer Support Group, Inc.

Evidence of Gratitude

"Hello, my name is Rita, I just finished reading a book by Cathy Riley. What she said about Steel Magnolias was so inspiring that I just had to write and see if you can help me. My sister, Gwen has just been diagnosed with breast cancer. It is just about to overwhelm her and all of us, of what this means."

This was the first I knew about Cathy Riley's book, "My Journey With Breast Cancer and God's Miracles that Sustained Me." Cathy and I spoke on the telephone and on Thursday, October 29, I received Cathy's inspiring book.

In the 8th chapter, Cathy begins: "I was diagnosed in October of 2005 and in November 2005, I received a large package in the mail. The return address was the 'Steel Magnolias and Bear Huggers from Alabama."

Sunday, October 24, 2010, our pastor, at Leatherwood Baptist Church, started a sermon series, "Salt and Light." Every student of the Bible knows that in Matthew 5: 13-14, Jesus declared, "You are the salt of the earth. But if the salt

loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in Heaven."

Nothing can be accomplished in the way of support without networking. Those who network for the good of others are Salt and Light.

A call made to Chaplain Wilson in 2001 was the beginning of Steel Magnolias. Our organization is founded on the Prayer of Jabez. As we have been faithful, God has honored His Word, to both bless our work and enlarge our territory.

Because of networking, I had current contact information for Cathy Ri-

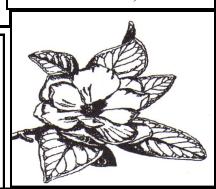
ley. Because Cathy Riley felt a deep sense of gratitude for the help she received five years earlier, she included Steel Magnolias and the Tuesday Bear Huggers in her inspiring book. Because Rita read Cathy's book, in a time of her sister's need and searched the internet for Steel Magnolias, we had information needed to reach out to her beloved sister. Gwen.

David Pollay wrote sev-

eral articles about build-

ing gratitude chains. Mr. Pollay stated: "Everything good that happens in this world is the result of a chain of events No matter the size, each event has a history of activity. Unfortunately, most of us are unaware of the many good chains in our lives." Growing up in a South Florida farming family, Mr. Pollay's illustration held great meaning for me.

"Consider the last time you opened a can of beans. Did you think about who planted them, picked them, packed November 15, 2010



Sharing love through support

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Gladys Denizard, Pinks Closet (256) 435-4060

them, stocked them, and sold them to you? Here's the response I most often get when I ask that question, 'ahhh, no.' We just open the can, throw the beans on our plate, pop them in the microwave, grab a fork, and start eating them as soon as the plate is put on the table. We don't see the chain, we just see the beans.

The challenge then, is for us to find ways of becoming more grateful. One powerful way to increase your gratitude is by increasing the number of what I call 'Gratitude Chains' in your life. Gratitude chains are made up of links of appreciation for what contributes to the people and things we care about. Four keys to building Gratitude Chains.....

Cultivate Awareness....Look around and take note of what you value. Cultivate Curiosity....Learn more about each person or item on your list. Cultivate Memory....You feel grateful only for what you remember. Weave your chains together....There is power in the gratitude chain. The gratitude you feel in one part of your life will connect and energize the other areas."

Had anyone, since the beginning of Steel Magnolias broken the chain that led to Rita reaching out on behalf of her sister, I would never have mailed a care package to Gwen. I encourage everyone, become salt and light, hurting people need you. Avoid discouraging and bitter encounters. Sometimes we know what to do, we just don't know how to avoid the

negative thoughts, whether from others or originating within our own minds. The Law of the Garbage Truck is a tool chest, a how-to stay focused manual.

Evidence of Salt and Light

Ina Rooks, of Delta, Alabama, attended her first meeting with Steel Magnolias at the 2004 New Beginnings Banquet, held in the RMC Private Dining Room. In 2005, Ina accepted the nomination and was elected Steel Magnolias' Chaplain, an office she filled, with absolute faithfulness for five years. Picture to right: Ina is presenting the October prayer list, after which she offered prayer. Because of increasing family health issues, this was Ina's final duty as Chaplain. Ina will continue to attend monthly meetings, but she passed her baton to Sherry Grinstead and Marti Rogers.





Ina and Gloria are one of the great friendships that have come out of Steel Magnolias. Of Ina, Gloria said, "Ina is the best person I've ever known." I was really glad that Silvia Ramsey, Debi Kaufman and David McCormack were at the Steel Magnolias Pizza Party and saw the sweet friendship between these two courageous survivors.

Gloria said "I live every day like it is my last, I know it could be. I just want to do everything I can to honor Jesus and to make life a little easier for every hurting person I meet, especially cancer patients."







In 2005, while we were holding monthly meetings in the private dining room, Gloria Woosley attended her first Steel Magnolias meeting. A few years ago, Gloria learned she had an inoperable brain aneurysm. She survived a very invasive breast cancer, however, her mom and sister both lost their lives to aneurysm. Gloria returned home, after learning about the aneurysm, thinking her death was imminent. She bought a burial dress and planned her funeral. Soon after, she sat down and wrote a song, "Hand in Hand With My Sweet Jesus." Gloria sang her beautiful song as a gift at Ina's appreciation celebration. Until Gloria gets this song and others she has written copyrighted, I will not be publishing the lyrics.

Speakers Bureau



Margaret Taylor, Sheila Gaddy, Mary Robinson Photo by Sheila Gaddy

Woman to Woman 2010 Banquet at Citizen's Hospital

The Steel Magnolias were invited to speak, on November 21, 2010, at the annual banquet of the Woman to Woman Breast Cancer Support Group in Talladega, Alabama. The banquet room of Baptist Citizens Hospital was beautifully decorated and the meal of chicken, beef patties, vegetables, salad and desserts was delicious

Following the meal Mary Robinson, coordinator for the group, introduced special guest, Margaret Taylor. Margaret spoke to the group about the history of Steel Magnolias and how through the leadership of Lenora Johnson, Founder and Executive Director, this organization has grown tremendously. Margaret told about the services provided by Steel Magnolias and offered to newly diagnosed breast cancer patients. Margaret explained that Steel Magnolias is a 501 C3 tax exempt organization and is totally dependent on donations and fund raisers. There are no paid employees in Steel Magnolias. Everyone works as a volunteer.

Man of Steel, Jimmy Taylor, told the group about the Lea Fite

Memorial Golf Tournament and encouraged everyone to come and participate on Saturday, May 7, 2011 at Pine Hill Country Club.

Margaret Taylor closed her presentation with a Josh Groban song, "He Raised Me Up." Submitted by Margaret Taylor.....Heflin, Alabama



Warden, John T. Rathman; Steel Magnolia, Diana Kennedy; Fed. Women's Program Mgr., Patricia Jones; Steel Magnolias Volunteer, Sheila Gaddy; Alternate Fed. Prison Women's Program Manager, Jessica Waldrop; Employee Federal Correctional Institution, Crystal Woods. Photo by Sheila Gaddy

Federal Women's Program, Staff Recall at Talladega Federal Prison

Jessica Waldrop, Alternate Federal Women's Program Manager at the Federal Correctional Institution in Talladega, invited Steel Magnolias to speak at their employees' Breast Cancer Awareness Program on October 25. Diana Kennedy, who served as guest speaker, accompanied by Sheila Gaddy, was greeted by programs manager, Patricia Jones, warden, John Rathman and associate warden operations, Becky Clay. Pink ribbon decorations, information gift bags, a poem reading by Crystal Woods and a song by Ruby Welch, along with delicious food made for an extremely inviting setting for Diana to share her stories of survival of two cancer diagnoses and her involvement with Steel Magnolias. A sincere and moving testimony and prayer by Chaplain J. Bowen, closed the program.

Thank you to the people of the Federal Corrections Institute for making us feel so welcome and for giving us the opportunity to share with their employees about the importance of breast examinations and also the many services offered by Steel Magnolias.

Submitted by Diana Kennedy......Jacksonville, Alabama

Gadsden State, McClellan

As I got out of my car today, Tuesday, November 9th at 12:15, in the parking lot of Gadsden State, McClellan, I heard a male voice, "I know you, you spoke to my psychology class about breast cancer," I replied, "And what did you learn?" "I learned that men can have breast cancer." I said, "I am proud of you."

Thirty faces gave me their undivided attention as I conducted an hour and a half seminar on breast cancer. There were many comments and questions. The director of all the counseling services for the three campuses surprised my host by appearing for this class. It was a great afternoon! Thanks to Ms. Cindy Greer, Counselor, Ms. Donna LaPrell, Instructor,

Glass's First Annual Breast Cancer Awareness Fundraiser Decatur, Alabama

The early part of October, two calls came into our Steel Magnolias Office. The first was from Pam Jones, UAB Magic Moments Director. The other was from Raymon Haley, a business man in Decatur, Alabama. The purpose of the call was to locate an independent breast cancer organization that received little or no federal money. Ms. Jones told Mr. Haley about Steel Magnolias. I returned both calls. Mr. Haley returned my call with the announcement that he and a friend, Chuck Sutton, owner of Glass's Cocktails & Grill, were looking for a breast cancer group to give the proceeds from an upcoming fund raiser.

Mr. Haley's 21 year old son was 12 when he was diagnosed with cancer. Pam Jones, Director of UAB Magic Moments, made a lasting impact on the Haley family. Previously, all proceeds from "Distressed Doe Cooking Team" had gone to Magic Moments. This year they wanted to give in honor of Breast Cancer Awareness Month.

I placed a packet of Steel Magnolias information, addressed to Mr. Haley, in the mail. Weeks passed, with no response. Then, the first week in November, Mr. Haley called to say that their fundraiser, "The **1st Annual Chili Cook"** was on Sunday, October 31st, 2pm till 6pm and they had sold 43 gallons of chili!

Today, November 12, I received a very nice letter, pictures, fliers and over \$1000. There was a picture of roasted meat with the most amazing looking corn and kidney bean salad I've ever seen. I called Mr. Haley and asked if they had

served this dish as well as chili. He said, "No, we have a friend who because of a special health situation, couldn't eat chili but he wanted to be part of the event. I called his doctor and ask guidance about something we could cook for him. The picture to the top left is Pecan Smoked Grecian Gobbler with the

trimmings.....Yuuuum!!

If you live anywhere close to the Decatur/Huntsville area, if you travel to the Redstone Arsenal, or just passing through, please make plans to eat a meal in Decatur, at Glass's Cocktails and Grill.

All food was prepared by the award winning Distressed Doe Cook Team, [Raymon & Jon Haley, Michael Hulsey & Don Perry] and Chuck Sutton.

Picture to bottom left is a hand crafted cooker. Totally mobile.

Bottom right is Raymon 'Flame' Haley and Michael, cooking chili for the breast cancer event.

Once a person becomes part of the cancer family, and feels a deep sense of gratitude, they seek ways of passing forward to anyone in need of services and comfort. Thank you, Decatur cooking team! You are AWESOME!!









Piedmont High School Participate in Awareness Month Varsity Cheerleaders Painted the School Pink





Picture # 1: Cheerleaders and Mascot at game holding cans for donations in honor of Breast Cancer Awareness Month.

Picture # 2: Cheerleaders and other students with their MacBook backpacks with pink ribbons in honor of Breast Cancer Awareness.

Piedmont Varsity Cheerleaders participate in Breast Cancer Awareness month annually. This year we kicked our awareness campaign off by getting 3 teachers to volunteer to get a "pie in the face" at our pep rally. We put buckets in their classrooms and the one that raised the most money for breast Cancer Research and Local Patient Services got the pie. Our head football coach was the person who got to pie the teacher. This was a hit among the faculty and students.

In addition, we tied pink ribbons on every students MacBook backpack in honor of Breast Cancer Awareness Month. Not every student in our school drives a car but they all have a MacBook and a backpack to carry it in since we are the only school in Alabama to do the 1:1 MacBook initiative. Every student in our school system 4th—12th grades has a MacBook to use 24:7 for the school year.

Also, our cheerleaders wear a pink ribbon in their hair during the month of October and give a statistic at the pep rally relative to Breast Cancer Awareness. We also announce at our home games that it is breast cancer awareness month and ask for donations for breast cancer research and local patient services.

Our cheerleaders try to build this community service project each year to raise more and more money for research and local patient services. Our students and our community are very supportive.

Submitted by: Piedmont High School Guidance Counselor and Cheerleader Coach, Sandra Akin

(NOTE) In 2009, Margaret Taylor and Susan Dupree carried the Steel Magnolias School Girl Awareness Program into Piedmont High School. Thank you, Piedmont High School Girls for your generous contribution to local breast cancer patients. You are AWESOME!

School Girl Awareness Program Reports

Gladys Denizard:

There were two presentations made to students 7th thru 12th grades

- 1) October 19, 2010: Weaver High School, school nurse invited Steel Magnolias, Gladys Denizard to teach a one hour class. 170 girls attended. School Nurse, Bonnie Harris was also in the classroom.
- 2) November 2, 2010: Gladys Denizard taught a 11/2 hour class at White Plains High School. 170 girls attended. Also in the classroom were: School Nurses, Janet Rainwater and Brandi Morrow and Guidance Counselor, Joan Truss.

Both groups were attentive and participated during the session. They shared their histories and were open and candid about the impact of breast cancer in their lives. They practiced palpation on the breast forms and took pamphlets home. They answered the verbal quiz questions and enjoyed receiving Steel Magnolias ink pens and lapel pins. Submitted by Gladys Denizard

Margaret Taylor:

1) November 2, 2010, the School Girl Awareness Program was presented to the girls at Lineville High School. Nancy Benefield, School Nurse, made all the arrangements and scheduling for this event. Margaret Taylor arrived at 7:30 a.m.

to set up all displays for the class that began at 7:55 a.m. We were allowed one period to teach 115 girls. The girls were very respectful and attentive as we spoke to them. Each girl had opportunity to feel the breast models and ask questions. Each girl was given a Steel Magnolias brochure, writing pen and lapel pin. They also received a Komen booklet, "We're Taking Care of Our Lives." Nurse Nancy reminded the girls that if they had any questions later to bring them to her and she would answer them.

Several girls were very interested in helping with the May 7, Lea Fite Memorial Golf Tournament.

2) The school girl program at Clay County High School was a great success. Girls from 7th through 12th grades learned about how to perform their own breast self exams. School nurse Summer Melton organized the event. The program was presented on Monday, November 8, 2010. There were a total of 250 girls who had an opportunity to learn about their breast health. Each girl had a chance to feel the breast models so that they could recognize the difference between normal breast tissue, fibrocystic tissue and abnormal tissue with a cancerous tumor. Principal Walker was extremely grateful that this program was available and Nurse Summer asked that I come back later to speak to the teachers at Clay County. Clay County marks the final school in Clay and Randolph counties for which Senator Kim Benefield acquired a grant that made it possible for these schools to participate in the Steel Magnolias School Girl Awareness Program. We are very grateful to Senator Benefield for her support.

Submitted by Program Chair, Margaret Taylor

Steel Magnolias & Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc., met on Tuesday, October 26, 2010 in the Cancer Resource Center. In the absence of President, Marti Warren, Executive Director, Lenora Johnson presided.

Lenora recognized Steel Magnolias members and volunteers who were actively involved in a project during "Breast Cancer Awareness Month" and everyone who kept the Steel Magnolias office open. Each of these ladies and Men of Steel were given a free breakfast at the annual Christmas party.

Chaplain Ina Rooks read the prayer list and offered prayer for them as well as giving thanks for our food.

Steel Magnolias and Men of Steel enjoyed a delicious meal of pizza, salads and desserts.

Ina Rooks was recognized and honored for all the years she has faithfully served in the position of chaplain. Ina was presented with a card of thanks, signed by all Steel Magnolias in attendance, gifts from Steel Magnolias and individuals. She was honored with a special song, written and sang by Gloria Woosley.

The 2011 slate of officers were installed, having been approved by the board of directors.

Announcements were: A retirement tea for Hank Derusha, Thursday, Oct. 28, 2010 in the Private Dining Room, 2:00 p.m.-4:00 p.m. Steel Magnolias will give a "Gold Coin Award" in honor of service to Steel Magnolias. Because of Thanksgiving week, the November meeting has been changed to Monday, November 15. Jimmy Taylor asked everyone to be in prayer as we begin planning the 2011 Lea Fite Memorial Golf Tournament, scheduled for Saturday, May 7. Lenora announced that Sheila Gaddy is sponsoring a decorated Christmas Tree, for Steel Magnolias, this year, in the Quintard Mall. Everyone please remember to vote for Steel Magnolias. Votes are to be cast at the information desk in Quintard Mall.

Door prizes were awarded and meeting was adjourned.

Respectfully submitted by Margaret Taylor, Secretary

Correspondence

Thanks, Gladys Denizard, for allowing me to help with the PINKS BOUTIQUE. On Saturday morning, I met two wonderful ladies and fit them in bras and prostheses. When they turned around and saw themselves in the mirror, the joy on their faces was incredible. Their tears were real! Marti Warren....Anniston, AL

Lenora, Thank you for everything Steel Magnolias provide!! Two simple words that come with so much gratitude....Thank you! Debi Kaufman, Office Manager, Anniston Oncology....Anniston, AL

Lenora, Thanks a lot for the letters. Mr. Brown...Birmingham, AL

Ms. Lenora, I want to thank you, Steel Magnolias and especially Gladys Denizard for coming & teaching the girls at Weaver High School about Breast Cancer Awareness. I have had several girls come and talk with me concerning their own breast health. Ms. Gladys is a great speaker & keeps the girls interested in the program with health facts and humor. Thank you all for all you do to fight breast cancer.

Bonnie Harris, LPN/Weaver High School Nurse....Weaver, AL



Final Tally

Weaver Post Office finished 5th in state!

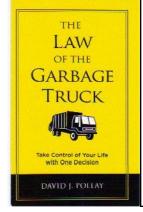
First:	Montgomery/Eastbrook Station	\$15,699.20
Second:	Hartselle	9,032.10
Third:	Fairhope	8,093.25
Fourth	Mobile/Springhill Station	7,736.85
Fifth	Weaver	7,192.35

Weaver sold 13,077 stamps and \$1,438.47 of the revenue from those went to Research for a cure.

Submitted by: Roswitha J. Sparks, Postmaster Weaver, Alabama 36277-9998

Financial Report

October		Balance Brought Forward	\$9704.82
01 (-)	100.00	Lenora JohnsonMonthly Expenses	9604.82
06 (-)	225.00	Susan G. Komen Race For the Cure, Pink Ribbon Lane. In memory	
		of: Hazel J. Rudolph, Marie Harbin, Millie Carlisle West	9379.82
11 (-)	269.61	Margaret TaylorReimburse (Sally's 30.74, wig forms) (Sam's Club	
		187.41, Snacks) (Hobby Lobby 20.00, Hat Hooks) (Office Max 31.49,	
		Ink Cartridge)	9110.13
11 (-)	200.00	Anniston Oncology (Transportation Fund)	8910.13
14 (+)	259.25	DepositCash 119.25, Checks: Taylor 100 (Memorial) Individual	
		Contributions 40	9169.38
20 (-)	360.75	Reimburse Lenora Johnson(Postmaster 35.75) (Healthy Horizon	
		Editorial and website advertisement 325.00)	8808.63
20 (-)	27.00	Kyuka WatersAnniston Oncology	8781.63
20 (-)	50.00	Ina RooksAppreciation Gift	8731.63
28 (-)	650.00	American Awards1000 Lapel Pins	8081.63



The Law of The Garbage Truck By David J. Pollay

www.Facebook.com/the law ofthegarbagetruck

Buy at Barnes and Noble or through Your local bookstore.

Steel Magnolias were recipients of "The 2009 Law of the Garbage Truck International Award" for passage of HB147 My Journey With Breast Cancer and God's Miracles That Sustained me

By Cathy Suitor Riley Order through your local bookstore or www.amazon.com

Cathy Suitor Riley (601) 727-2314 P.O. Box 4088 Meridan, MS 39304-4088



Mark Your Calendar

Monday, November 15, 2010: Steel Magnolias and Men of Steel meeting, 5:00 p.m., Cancer Resource Center, Suite 406 in the Physicians Center. RMC to provide Chicken Salad on Croissant Sandwiches. Members bring your favorite dip and choice of either crackers, bread, dipping veggies or fruit, or light dessert.

Saturday, December 4, 2010: Steel Magnolias Breakfast Buffet, 10:00 a.m., Classic on Noble. Breakfast, including gratuity is \$11. Invitations have been mailed. Please call Lenora with number in your party..... (256) 447-9822. Everyone attending bring a \$10 value gift, suitable for male or female. Don't forget to bring a gift for any children in your party.

Happy Thanksgiving & Merry Christmas! Next Newsletter (1–17-2011)........Group Meeting (1-25-2011)

Joggin' Inside!

Clinicals

While making rounds, a doctor points out an X-ray to a group of medical students. "As you can see," she says, "The patient limps because his left fibula and tibia are radically arched. Michael, what would you do in a case like this?" "Well," ponders the student, "I suppose I'd limp too." Courtesy of Pokey.....Anniston, AL

Prescription

An older man strode into his doctor's office and said, "Doc, my druggist said to tell you to change my prescription and to check the prescription you've been giving to Mrs. Smith." "Oh, he did, did he?" the doctor shot back! "And since when does a druggist second guess a doctor's orders?" The old man says, "Since he found out I've been on birth control pills since December." Courtesy of Pokey.....Anniston, AL

How To Be A Gracious

Janet's wedding day was fast approaching. Nothing could dampen her excitement—not even her parents' nasty divorce. Her mother had found the PERFECT dress to wear, and would be the best-dressed mother-of-the-bride ever! A week later, Janet was horrified that her father's new, young wife had bought the exact same dress as her mother! Janet asked her father's new young wife to exchange it, but she refused. "Absolutely not! I look like a million bucks in that dress, and I'm wearing it," she replied. Janet told her mother who graciously said, "Never mind Sweetheart, I'll get another dress. After all, it's your special day." A few days later, they went shopping, and did find another gorgeous dress for her mother. When they stopped for lunch, Janet asked her mother, "Aren't you going to return the other dress? You really don't have another occasion where you could wear it." her mother just smiled and replied, "Of course I do, Dear. I'm wearing it to the rehearsal dinner the night before the wedding." Courtesy of Pokey....Anniston, AL

The Way It Started!

"How did the fire start?" "My wife threw the goldfish bowl at me." "What!? How could water start a fire?" "Well, the bowl hit the cat, the cat clawed the curtains down onto the gas jet, and in a minute the whole place was ablaze." Courtesy of Pauline.....Memphis, TN

The Wisdom? Of Arrogance

DEA officer stops at a ranch in Texas, and talks with an old rancher. He tells the rancher, "I need to inspect your ranch for illegally grown drugs." The rancher says, "Okay, but don't go in the field over there," as he points out the location. The DEA officer verbally explodes saying, "Mister, I have the authority of the Federal Government with me." Reaching into his rear pocket, he removes his badge and proudly displays it to the rancher. "See this badge? This badge means I am allowed to go wherever I wish....On any land. No questions asked or answers given. Have I made myself clear? Do you understand?" The rancher nods politely, apologizes, and goes about his chores. A short time later, the old rancher hears loud screams and sees the DEA officer running for his life, chased by the rancher's big Santa Gertrudis bull. With every step the bull is gaining ground on the officer, and it seems likely that he'll get gored before he reaches safety. The officer is clearly terrified. The rancher throws down his tools, runs to the fence and yells at the top if his lungs...."YOUR BADGE! SHOW HIM YOUR **BADGE!**" Courtesy of Pokey...Anniston, AL

Children's Advice on Whom To Marry

Kristen, Age 10: No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.

Derrick, Age 8: Q. How can a stranger tell if two people are married? A. You might have to guess, based on whether they seem to be yelling at the same kids.

Lynette, Age 8: Q. What do most people do on a date? A. Dates are for having fun, and people use them to get to know each other. Even boys have something to say if you listen long enough.

Anita, Age 9: Q. Is it better to be single or married? A. It's better for girls to be single but not for boys. Boys need someone to clean up after them.

Kelvin, Age 8: Q. How would the world be different if people didn't get married? A. There sure would be a lot of kids to explain, wouldn't there? Courtesy of Pokey, Anniston, AL