

Steel Magnolias

Breast Cancer Support Group, Inc.

Care and Support

Everyone is on a journey. It can be a good time in life or it can be an illness, but there are always people with you along the way. When you are facing a diagnosis of Cancer or any other illness you are never alone on the journey.

We have many members in our small little group who are facing various trials and situations. Dealing with an illness, whether you are the one with the illness or the caregiver, you need emotional support. We need to know that people are aware of our situation and that they are there to help us and comfort us. Sometimes it is as simple as a card of encouragement or a phone call.

The old saying of “You really don’t know what someone is dealing with until you walk in their shoes” is absolutely the truth. Someone who is dealing with the fears of being sick often wonder if they will get over it or if you are the caregiver and wondering how to help your loved one; either can be an emotional roller coaster. Being on an emotional journey can be so lonely that you feel isolated from the rest of the world. We need to pay close attention to our loved ones and friends and see where we can help them. As a group we offer support in many ways, but personally we need to take a closer look. Most people will not ask for help, we need to ask and do what we can. We need to realize that one day we may be that person that needs help.

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“I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something I can do.”

Edward Everett Hale

May 20, 2019



Sharing love through support

Steel Magnolias
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Chuck Trull, Treasurer
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& Sherry Grinstead
RMC Chaplain, Jim Wilson
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Elizabeth McCabe

Pinks Boutique: For Appointment
Call the Office @ 256-231-8827
Physicians Center, STE 407
901 Leighton Ave.
Anniston, AL 36207
www.steelmagnoliasinc.org

Like us on Facebook

Email any officer by typing
Their—first name
@steelmagnoliasinc.org

STEEL MAGNOLIAS / MEN OF STEEL MEETING
APRIL 23, 2019

Meeting was called to order by our President, Elaine Johns.

We were delighted to have first time visitor, Debra Duncan.

Walter Lawson was our guest speaker. He talked about the legend of the Dogwood Tree. The legend surrounding the symbolic meaning of a dogwood tree is linked to the crucifixion. It is said that the wood of the dogwood tree is the hardest and that it was chosen to be used in the cross on which Jesus Christ was crucified. The bloom of the dogwood tree resembles the cross that Jesus was hung on.

Minutes of the previous meeting were read and motion made by Steve Stephens and seconded by Della McNeal that minutes be approved as read.

The Treasurers' Report was given by Chuck with a beginning balance of \$34,650.64 and ending balance of \$32,304.14.

Margaret Taylor talked to us about the establishment of Pink Heals, East Alabama. She and Nancy Burnell have been asked to be on the committee to establish this organization. A fire Truck has been located in Jacksonville, FL, that can be purchased for \$15,000.00. The committee needs a CPA and attorney that would be willing to donate their time. She asked the group if they knew of anyone that would be willing to do these jobs. She also reminded us of the Quad City Bar-B-Q 1st Saturday in June.

Jimmy gave us a report on the golf tournament. We had 29 teams and he recommended in future tournaments that we limit to 30 teams. We raised \$28,120.00; had expenses of \$7,961.64; leaving a profit of \$20,158.36. He thanked everyone for the hard work. Well-earned special recognition was given to Jimmy and Margaret for all the hard work they do every year on the golf tournament.

Sherry talked to us about looking through different glasses and just exactly what we see. Some glasses we look through, we see people hurting because of the death of a loved one or a friend. Some glasses we see selfishness, rudeness, laziness, lying, and hatefulness. Some glasses we look through we see people going through hard times because of illness, loss of job and/or needing money. Sometimes we see pity, impatience, people that don't want to be interrupted, irritation, and withdrawal. Be sure when you are looking through your glasses, you see the real picture and always be ready to share Jesus anytime or anywhere.

Door prizes were won by Brenda Cospers, Kristen Reimer, and Chuck Trull.

No further business, motion was made by Cheryl Anthony and seconded by Linda Barton that meeting be adjourned.

Submitted by:

Brenda Parker, Secretary



Birthdays and Survivor Years!

May 23rd is Nancy Buchman's birthday and she is a 6 year survivor!

May 24th is Shirley Barger's birthday and she is a volunteer

May 30th is Charles Trull's birthday and he is a Man of Steel

June 9th is Brenda Peoples birthday and she is a volunteer

June 15th is Joyce Guldin's birthday and she is a 28 year survivor!

June 17th is Susanne McKay's birthday and she is a 3 year survivor!

Upcoming Events

May 28th will be our next meeting in the private dining room at RMC. RMC will provide Baked Chicken with rolls for our meal. Steel Magnolias please bring side dishes. Nancy Burnell will be our speaker. See you there!

June 1st is the Quad City Fire Department annual Bar-B-Q. There is a flyer in this newsletter with all the details. This is a fun event with vendors, great food, home made ice cream and the Pink Fire Truck. Quad City, Oxford and Anniston fire departments are in the process of forming the Pink Heals East Alabama group. They are also raising money to purchase a pink fire truck. Everyone please come out and support this event. Quad City Fire Department is located on Hwy 9 about half way between Hwy 78 East and Choccolocco Road.

June 17th is the next newsletter mailing day. If you have anything to put in the newsletter or if there is anything you would like to see in the newsletter, please send it to me. I would love for someone to share their journey in the newsletter. If you will, please send it to Elaine Johns c/o Steel Magnolias PO Box 2208 Anniston, AL 36202 or email it to elaine@steelmagnoliasinc.org. Remember to send in helpful tips that worked for you while going through treatments.

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Ladies Luncheon There is Greatness in you!

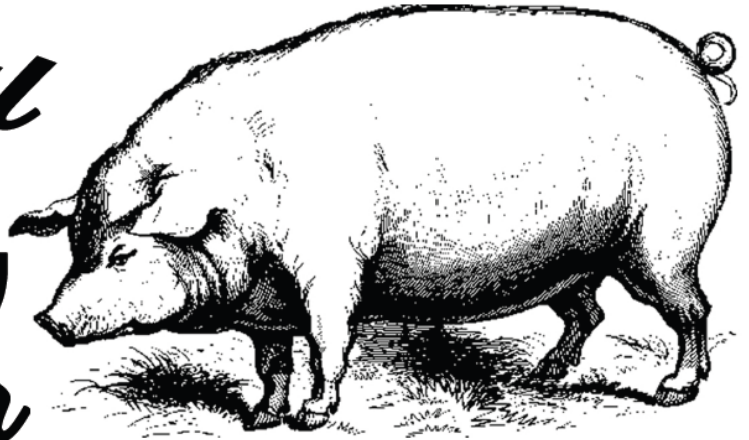
On May 4th a small group of Steel Magnolias were invited to a Ladies luncheon at the Jacksonville Community Center. The focus was there is greatness in you, Ladies! Effina's catered the event along with Java Jolt, Bonnie Rays Bake Shoppe and flowers by Valley Florist. Dee Dee Casey was the guest speaker and she delivered a powerful message about The greatness in each of us. We were entertained by Elizabeth Warren and enjoyed a performance by the Genesis Worship team.

There were around 200 ladies there and 30 vendors including the Steel Magnolias. Thanks to the Steel Magnolias that helped out at this event. This event has grow each year and we hope to attend it again. We can bring Marti's jewelry to sell at this event next year.



Quad Cities Volunteer Fire Dept.

30th Annual **BBQ** Fundraiser



Saturday
June 1
10 am to 3 pm



Whole Butts ★ Chopped Butts
BBQ Plates ★ Hot Dogs ★ Coleslaw
Baked Beans ★ BBQ Sandwiches
Homemade Ice Cream ★ Chips

T-Shirts
Antique Cars



Crafts
Pink Fire Truck

4444 AL Hwy 9, Anniston, AL 36207

For more info, contact B.R. Wilson at (256) 310-0252 or Tim Hicks at (256) 310-3904.

Services Offered By Steel Magnolias Breast Cancer Support Group, Inc.

1. Group Meetings

Steel Magnolias meet on the 4th Tuesday of each month at 5:00 p.m. in the 1st Floor Private Dining Room of RMC.

2. Steel Magnolias' Office

Our office is located in suite 407 of the Physicians Center in Anniston. Currently our office is staffed (part time) by Steel Magnolias volunteers Monday through Friday, 11:00 am - 4:00 pm. Every effort is made to have someone in the office when our staff is sick or on vacation. Phone (256) 231-8827

3. PINKS Boutique

Located in the Physicians' Center across from the Steel Magnolias Office, we are stocked with Mastectomy Bras, Breast Prosthesis, Wigs, Hats and Scarves. These items are of no cost to cancer patients.

4. Care Packages

Steel Magnolias provide a comfort package including inspirational and educational materials to breast cancer patients the day of surgery at Regional Medical Center. Packages are mailed or taken to newly diagnosed patients who do not receive them on day of surgery.

5. Dining Vouchers

Dining vouchers are provided for two family members of any patient, in surgery, at Regional Medical Center. Each provides a meal in the hospital cafeteria.

6. Snacks

Steel Magnolias provide the following: (1) snacks in Anniston Oncology chemo treatment room - Suite 602 Physician Center (2) chemo treatment room on the 4th floor of RMC and (3) the Radiation / Oncology Center on 2nd Floor of RMC.

7. Breast Cancer Awareness Program

Available to girls in grades 7-12, this program is taught in the school by a trained volunteer under the supervision of a Registered Nurse. Anyone interested in having our program presented, contact our office.

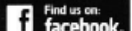
8. Speakers Bureau

Speakers are available to civic clubs and churches. To schedule, contact our office.

9. Steel Magnolias Newsletter

Our monthly newsletter is an informative and inspirational publication about upcoming events, meetings and activities. Also included is a joke page and current information regarding cancer testing and treatments.

10. Web-Site

www.steelmagnoliasinc.org is a great source of information and inspiration. Also,  Find us on: facebook.

11. Men of Steel

Group of men (husbands, friends or family) of breast cancer patients or survivors and for men who themselves are breast cancer survivors. Meetings are held jointly with Steel Magnolias (see Group Meetings #1). Contact Jimmy Taylor (256-463-4313) or email tjimmeg63@aol.com for additional information.

12. Prayer

We are praying for you with love and blessings.

WAYS YOU CAN HELP

1. VOLUNTEER YOUR TIME

- attend our meetings and get involved with us
- volunteer for office work or Pinks Boutique
- help with our fund raisers (2 per year)
 - a. Bake and jewelry sale (annually the Saturday before Easter at Quintard Mall)
 - b. Golf Tournament at Pine Hill Golf Course (in the spring each year). Numerous opportunities to serve.

2. CONTRIBUTE - contributions are tax deductible (a 501(c)3 tax exempt organization) and can be made to: Steel Magnolias, P.O. Box 2208, Anniston, AL 36202. ALL contributions are used to provide services to breast cancer patients who reach out to us.

3. DONATE UNUSED JEWELRY (new, vintage or broken) - it is cleaned, repaired and resold at our events. Drop off at the following: Steel Magnolia Office, Cotton Antiques, 508 Main Street, Oxford or call Marti Warren 256-237-0206.

4. PRAY FOR OUR MINISTRY

Joggin' Inside

You Know You're Getting Older When. . .

- You don't care where your wife goes as long as you don't have to go with her.
- The gleam in your eye is the sun hitting your bifocals.
- You knees buckle but your belt won't.
- You look forward to a dull evening.
- Your little black book contains only names ending in M.D.
- Your back goes out more than you do.
- You finally get it all together but can't remember where you put it.
- You turn out the lights for economic rather than romantic reasons.
- It takes an hour to dress and another to remember why.
- Your midnight oil is all used up by nine o'clock.
- Any change you drop less than a quarter isn't worth bending over for.
- You sink your teeth into a steak and they stay there.
- You finally get to the top of the ladder, but it's leaning against the wrong wall.
- You've got too much room in your house and not enough in your medicine cabinet.

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Gentlemen

When a man opens the car door for his wife, you can be sure of one thing: either the car is new or the wife is!

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Little bit of wisdom

A boy asked his father, "I heard that in some parts of Africa a man doesn't know his wife until he marries her. Is that true?"
Dad: "That happens in most countries, son."

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An eight year old girl went to the office with her father on "Take Your Kid to Work Day." As they were walking around the office, the young girl started crying and getting very cranky. Her father asked what was wrong with her.

As the staff gathered round, she sobbed loudly: "Daddy, where are all the clowns that you said you worked with?"

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A guy wants a divorce.
He tells the judge, "I just can't take it anymore.
Every night she's out until way after midnight, just going from bar to bar."

Judge asks, "What's she doing?"

The guy answers, "Looking for me."

HAVE YOU HEARD OF
A SWEAR JAR?
I STARTED A MOM JAR.

THE KIDS HAVE TO PUT IN \$1.00
EVERY TIME THEY SAY "MOM".

I'M UP TO \$59 MILLION.

WE STARTED 30 MINUTES AGO.

"OLD" IS WHEN..... Your sweetie says, "Let's go upstairs and make love," and you answer, "Honey, I can't do both!"

"OLD" IS WHEN..... Your friends compliment you on your new alligator shoes and you're barefoot.

"OLD" IS WHEN..... A sexy babe catches your fancy and your pace-maker opens the garage door.

"OLD" IS WHEN..... Going bra-less pulls all the wrinkles out of your face.

"OLD" IS WHEN..... You don't care where your spouse goes, just as long as you don't have to go along.

"OLD" IS WHEN..... You are cautioned to slow down by the doctor instead of by the police.

"OLD" IS WHEN..... "Getting a little action" means I don't need to take any fiber today.

"OLD" IS WHEN..... "Getting lucky" means you find your car in the parking lot.

"OLD" IS WHEN..... An "all nighter" means not getting up to go to the bathroom.

RULE OF LIFE

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

ACTIVE	FOCUS	MODEL	SELF
BALANCE	FULLNESS	ORDER	SOUL
BASICS	GOD	OTHERS	SPIRITUAL
BODY	GUIDE	PLAN	SUPPORT
CHOICE	HELP	PRACTICE	TOOLS
CHRIST	INTENTIONAL	PRAYER	WHOLE
CREATION	JOURNEY	PRIORITY	VALUES
DAILY	LIFE	PURPOSE	
DISCIPLINE	MIND	RULE	