

Steel Magnolias

Breast Cancer Support Group, Inc.

From 2022 On Into 2023!

January 16, 2023

I know most of us will be glad to get 2022 behind us for various reasons. And just when we thought 2023 was starting out on the right foot, all the sudden we cant's afford eggs and gas prices are on the rise again! Doesn't it seem like there is always something disrupting our lives. I know like most of you reading this know how cancer can disrupt your life, yet all we can do is push forward and find a way to survive. Never give up!

If you are just starting your journey with cancer, check out the "Cure" magazine. It is a quarterly magazine and is free to cancer patients, survivors and caregivers. It is tailored to your cancer and is very informative. You will also receive the "Heal" magazine along with it. Both are available on line at curetoday.com. You can go there and search for articles that pertain to you. Awesome source of information and education.

You will read in this newsletter how caring people donated to our group and many of them help us year after year. This is what enables us to help others. You will also see in this newsletter we need help with fresh ideas in helping others going through treatments and beneficial information for this newsletter. We would like to know your ideas; We want to know what you would like to see in this newsletter and what you would like to hear about in our meetings.

If you have a question about your cancer, your treatment, your side effects or ways of relief if you are a caregiver, please let us know. You can send your requests to support@steelmagnoliasinc.org or mail them to Steel Magnolias PO Box 2208 Anniston, AL 36202 and you can call the office at 256-231-8827

I do want everyone reading this newsletter to understand that this group, this newsletter, our "Pinks Boutique", our meetings and everything else we do is to help others going through cancer. If you have someone in your life that has cancer or lost someone to cancer, you know what we go through. Please consider volunteering your time and ideas to help us.
God Bless you all in 2023!



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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 at support@steelmagnoliasinc.org

**STEEL MAGNOLIAS/MEN OF STEEL MEETING
OCTOBER 25, 2022**

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

We had 25 in attendance.

Minutes of the previous meeting were read and motion made by Steve and seconded by Gloria that minutes be adopted as read.

Chuck gave the Treasurer's Report with beginning balance of \$21,293.11 and ending balance of \$19,467.48. This included \$3,186.55 in donations.

Elaine reported that we made \$617.00 at Oxfordfest. With October being Breast Cancer Awareness, she also reported that members had visited Grace Episcopal Church \$50, New Haven Baptist Church \$250, New Flyer (donation of \$706.00) in honor of employee Susan Allen, Farmers Market in Jacksonville \$137.50, Rich Farms \$200, Morgan Funeral Home (donation of \$131.00), Kronospan (donation of \$584.00), plus King Motors donates \$50.00 for every vehicle sold during the month of October.

Nancy handed out pieces of paper for us to vote on Volunteer of the Year to be revealed at our Christmas Brunch. She also handed out invitations to our Christmas Brunch to be held Dec 3d, at 10:00 at Hubbards on Main Street, Oxford. She also reminded everyone to RSVP to her as soon as possible.

Ideas were discussed on how to get the word out about Steel Magnolias and the services we provide. Ideas suggested were putting an item in The Anniston Star or the Oxford magazine, "Lake Life".

Jeannie gave our devotion which was her testimony of what she and Eddie had been through in the past year and how God had been with them every step of the way. He even gave her the courage to tell Satan to get behind her and to trust that God would totally take Satan down.

Sherry went over the prayer list and prayed for those on the list.

No further business, motion was made by Steve and seconded by Walter that meeting be adjourned.

Respectively submitted,
Brenda Parker, Secretary

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Birthdays and Anniversaries

February 9th is Connie Stephens birthday and she is a volunteer!
February 18th is Margaret Taylor's birthday and she is a 18 year survivor!

Helpful Hint

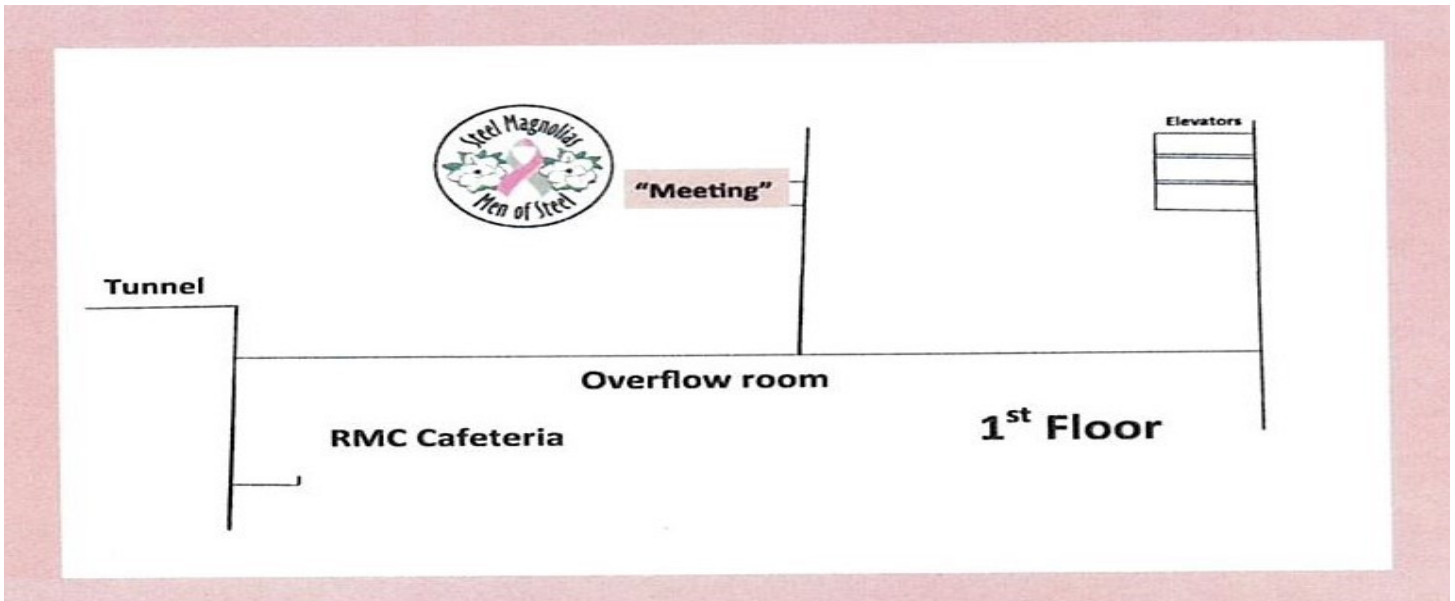
**Do not carry your cell phone around by putting it under your bra strap!!
This has been shown to cause cancer! Please educate other women you know!!!**

Go to www.wirelesseducation.org for more information.



Up Coming Events

January 24th is our next Steel Magnolia meeting in the cafeteria overflow room at RMC. RMC will provide our meal. We will have vegetable and potato soup; Steel Magnolias please bring side dishes and desserts. Our speakers for the meeting will be from Our Journey of Hope Cancer Ministry from New Haven Baptist Church. If anyone has any medical equipment they would like to donate, please bring it to the meeting. Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come but is not quite sure how to get there.



February 20th is the next newsletter mailing day. If you have something to go in the newsletter, please send it to me no later than February 13th.

Presidents Corner

Hi everyone! Here we are in a new year and we will probably be doing a lot of the same things again this year in our support group. I want to encourage you to invite people to our meetings and get involved with the Steel Magnolias in helping others. Be the sunshine in someone's day, make life a little easier for someone in need, help our group grow and be a part of it. Help us with coming up with new ideas to help cancer patients and to freshen up our support group meetings. I do know that helping others takes your mind off of your problems and tend to make your problems seem insignificant or much smaller. I am looking for "helpful hints" to share in the newsletter. Anything that helped you while doing Chemo or radiation and help in getting back to a normal life. I am still looking for someone to share their story (it can be submitted anonymous). I need jokes to share also. Please email them to me at elaine@steelmagnoliasinc.org or mail them to Steel Magnolias PO Box 2208 Anniston, Al 36202 Attn: Elaine.

I just learned the German word for a bra was stoppemfrumfloppen.

Mid October through December

We were quite busy through October with Breast Cancer events; a car show and a breast cancer walk. We were called on at the last minute for several events and I want to thank Linda Barton for being ready to help at such a short notice. I am also thankful to Brenda for sending out all the thank you cards for us also! We were truly blessed in October with all these events and I want to share with you what we received after our last meeting.

Sunny King Automotive Group which consist of the Ford, Honda and Toyota Dealerships here in Anniston raised \$12,600 for the Steel Magnolias. I encourage everyone to keep your business local just like the money we take in stays local to help cancer patients. Please go to sunnyking.com and you can click on the first picture and it will take you to the major charities Sunny King Automotive Group donates to and you will find the Steel Magnolias there with a link to our website. We will never be able to thank Mrs. King enough for what she is doing for our group.

We also received from Grace Episcopal Church another donation of \$400 and Refuge II Church of Our Lord Jesus Christ a donation of \$400. We also received \$100 from Walter Lawson. Marti Warren's Lambda Chapter ADK donated \$225. Jesse Rhodes sent a donation of \$125. Mike Rogers sent a donation for \$100. Thank you all for supporting us!

I hope everyone enjoyed Thanksgiving!

We had our Christmas Brunch at Hubbard's Off Main on December 3rd. Nancy does such a great job of planning our events. Thank You Nancy! We all participated in "12 items that were in the Christmas stocking" and we had a ball with each table singing their part in the "12 Days of Christmas". Then a lot of us were put on the spot with "Helen and her dummy Herman". Santa came out and read his list of who was naughty and nice. We are not printing any names!

Nancy read the real reason for Christmas from Luke 2, the birth of our Lord and Savior Jesus Christ. Janet Weems sang "On Holy Ground".

We lit candles in memory of the members who have passed away and recognized extended family member who were lost in 2022. We lost Lenora Johnson, Barbara Trull, Joyce Guldin and Teresa Tally. Brenda Parker's mother (Cheryl Chapman's grandmother), Barbra Hawkins' husband and Pam Staples' stepdaughter. Walter Lawson prayed for the families' members.

Our volunteer of the year, Elaine Johns was recognized. She said she does it out of love.

Susan Landress sang "O Holy Night". Nancy thanked everyone for coming and wished all a Merry Christmas and we all joined in singing Silent Night.

We have another year behind us and we will push forward into 2023!
Come be a part of our group and let us be a blessing in someone's life!

“Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday every month except July, November and December**
- **Pinks Boutique stocked with Mastectomy Bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients**
- **Care Packages for newly diagnosed breast cancer patients**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room**
- **Breast Cancer Awareness Program is 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**
- **Speakers Bureau to have speakers available to civic clubs and churches**
- **Newsletter, we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle**
- **Website www.steelmagnoliasinc.org and like us on fb too**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors**
- **Prayer ministry**

Ways You Can Help

- **Volunteer**
- **Attend our meetings and get involved with us**
- **Volunteer to work in our office and help with our fundraising events**
- **Contribute: all contributions are tax deductible, we are a 501©3 tax exempt organization. Donations can be mailed to Steel Magnolias Breast Cancer Support Group, PO Box 2208 Anniston, AL 36202. All contributions are used to provide services to breast cancer patients who reach out to us.**
- **Pray for our ministry**

Joggin' Inside

A farmer wants to know how many sheep he has in his field, so he asks his border collie to count them. The dog runs into the field, counts them and runs back to the farmer. The farmer says, "How many?" The dog says, "40." The farmer is surprised and says, "How can there be 40 - I only bought 38!" The dog says, "I rounded them up."

You know you're old when anytime you're entering your date of birth with a smartphone you get to the year and you have to spin it like you're on the wheel of fortune.

WIFE: "There is a problem with the tractor. It has water in the carburetor."

HUSBAND: "Water in the carburetor? That's ridiculous"

WIFE: "I'm telling you the tractor has water in the carburetor"

HUSBAND: "You don't even know where the carburetor is. Where's the tractor?"

WIFE: "In the pool"

Go Figure

Wife, "Our new neighbors are so in love. He kisses her, stokes her hair and hugs her. Why don't you do that?" Husband, "Because I don't know her that well yet."

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Office Parties

Once I went to a party with my husband, full of people he knew from work, but I didn't know anyone. A guy came up to us, turned to me and said, "You must be his wife." I turned to my husband and said "You have a WIFE?" Should have seen the look on the guy's face!

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A man was walking down the street, when suddenly he was hit by a car. A policeman that attended the scene said to the injured man, "Did you get a look at the driver?" "No" said the man, "But I can tell you it was my wife." "How's that?" asked the policeman. The man said, "I would recognize her laugh anywhere!"

MORNING CHUCKLE.....They weren't in my pockets. Suddenly I realized I must have left them in the car. Frantically, I headed for the parking lot. My husband has scolded me many times for leaving my keys in the car's ignition. He's afraid that the car could be stolen. As I looked around the parking lot, I realized he was right. The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car, and that it had been stolen.

Then, I made the most difficult call of all to my husband: "I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard his voice. "Are you kidding me?" he barked, "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "Well, come and get me."

He retorted, "I will; just as soon as I convince this cop that I didn't steal your damn car!"

Welcome to the **GOLDEN YEARS**

Joggin' continued

A woman accompanied her husband to the doctor's office. After his checkup, the doctor called the wife into his office alone. He said, "Your husband is suffering from a very severe stress disorder. If you don't do the following, your husband will surely die."

"Each morning, fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. For dinner prepare an especially nice meal for him. Don't burden him with chores. Don't discuss your problems with him, it will only make his stress worse. No nagging. And most importantly, make love with your husband several times a week. If you can do this for the next 10 months to a year, I think your husband will regain his health completely."

On the way home, the husband asked his wife. "What did the doctor say?"

"He said you're going to die," she replied.

A man had six children and was very proud of his achievement.

He was so proud of himself that he started calling his wife, 'Mother of Six', in spite of her objections.

One night they went to a party. He decided that it was time to go home, and wanted to find out if his wife is ready to leave as well.

He shouted at the top of his voice, "Shall we go home, Mother of Six?"

His wife, irritated by her husband's lack of discretion shouted back, "Anytime you're ready, Father of Four!"

I'm so out of shape that if somebody yells, "Run for your life!", I would be like, "You guys go on ahead, I'm going to meet Jesus."

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A farmer was milking his cow. He was just starting to get a good rhythm going when a bug flew into the bar and started circling his head. Suddenly, the bug flew into the cow's ear. The farmer didn't think much about it, until the bug squirted out into his bucket. It went in one ear and out the udder.

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My wife asked if she could have a little peace and quiet while she cooked dinner.....So I took the battery out of the smoke detector!

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The most terrifying moment in life is when the toilet refuses to flush at someone else's house!

A married couple never fought, not even once in 25 years of marriage. A friend of the couple asked, "How is that even possible?" Husband replied, "Well, we went to a ranch for our honeymoon. While horse riding, my wife's horse jumped and my wife fell off. She got up and patted the horse and said "This is your first time." After a while it happened again and she said, "This is your second time" And when it happened the third time, she pulled out a gun and shot the horse. I shouted at her and said, "Are you crazy?!? You killed the horse!!"

She gave me a look and said, "This is your first time."

WISE FAMILIES

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

ATTITUDE	HOME	ORDER	SACRIFICE
AUTHORITY	HONOR	PARENTS	SECURITY
BUILD	JOY	PRESSURES	STRUGGLES
CHALLENGE	LISTEN	PRINCIPLES	TALK
DAD	LOVE	PROVERBS	TENSION
FAMILY	MORALS	REBEL	TRUST
FORTRESS	MOTHER	REFUGE	
FOUNDATION	OBEY	RESPECT	