Steel Magnolias

Breast Cancer Support Group, Inc.

We Gather Together

We Gather Together to ask the Lord's blessings; He chastens and hastens His will to make known.

We are all so very familiar with this song that we, from childhood, have sung as part of our Thanksgiving services.

This beautiful old song is a Christian hymn of Netherlands origin written in 1597 by Adrianus Valerius. It appeared in a Dutch hymnal, printed in 1626, after the Pilgrims sailed to Massachusetts, however the Pilgrims probably knew the hymn or about it from the period they lived in Holland. (from Wikipedia)

Thanksgiving Quotations

"The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than those who, nevertheless, set aside a day of thanksgiving....."
H. U. Westermayer

"Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds....."

Theodore Roosevelt

"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven....."

Johannes A Gaertner

Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him with joyful songs. Know that the Lord is God. It is He who made us, and we are His, we are His people, the sheep of His pasture. Enter His gates with thanksgiving and His courts with praise; give thanks to him and praise His name. For the Lord is good and His love endures forever; His faithfulness continues through all generations. Psalm 100

For me, Thanksgiving has always been a celebration that finally culminates in Christmas.

From November 1 through January 1, there are probably more parties, associated with work, school clubs and friends, held in restaurants, churches, and wherever people meet, than at any time of the year. Regardless, Thanksgiving and Christmas are primarily family celebrations.

As a grandmother, I relive, in my heart and my mind, the treasured memories of times past, as I watch my sons and daughters-in-law, repeating family traditions with their little girls.

For unto us a child is born, to us a son is given, and the , government will be on his shoulders. And He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace....... Isaiah 9:6

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. November 19, 2007



Sharing love through support

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We Gather Together

We gather together to ask the Lord's blessings; He chastens and hastens His will to make known. The wicked oppressing now cease from distressing. Sing praises to His name, He forgets not His own.

Beside us to guide us, our God with us joining, Ordaining, maintaining His kingdom divine; So from the beginning the fight we were winning; Thou, Lord, was at our side, all glory be thine!

We all do extol thee, thou leader triumphant, And pray that thou still our defender wilt be. Let thy congregation escape tribulation; Thy name be ever praised! O Lord, make us free! Adrianus Valerius 1597

I Heard The Bells On Christmas Dav

This Christmas carol is based on a poem composed by Henry Wadsworth Longfellow in 1864

I heard the bells on Christmas day Their old familiar carols play, And wild and sweet the words repeat Of peace on earth, good will to men

And thought how, as the day had come, The belfries of all Christendom Had rolled along the unbroken song Of peace on earth, good will to men. And in despair I bowed my head "There is no peace on earth," I said, "For hate is strong and mocks the song Of peace on earth, good will to men."

Then pealed the bells more loud and deep: "God is not dead, nor doth He sleep; The wrong shall fail, the right prevail With peace on earth, good will to men."

Till ringing, singing on its way
The world revolved from night to day.
A voice, a chime, a chant sublime
Of peace on earth, good will to men

I trust that everyone, during these magical days of celebration, of gift giving and feasting, regardless of the challenges faced by you or members of your family, will allow the God who became flesh and dwelt among us, to fill your heart and your home with joy.

Swinging Stars Square Dance Club Benefit: Food, Fun, Frilly Dresses and String Ties! The evening of October 13, at the Oxford Civic Center, came alive with the sounds of country music and the voices of callers for both rounds and squares. While members of the Swinging Stars entertained us with classic square dancing, everyone not captivated by the dancing, was captivated by the many items in this year's silent auction, or the many items of jewelry, etc, survivors of Hurricane Katrina, that filled Marti's Recycled Antique Jewelry tables.

Thanks in large part to Rhonda Allen, we were able to offer more gift certificates to restaurants and family parks than ever. An Email sent by Rhonda, describing her journey with breast cancer and the difference Steel Magnolias has made in her attitude concerning the battle she is still waging with breast cancer, reached the hearts of Disney World and they contributed four 1 day multi park passes. We also had other great items, including beautiful wreaths; great artwork; decorative items, such as lamps, porcelain figurines and bowls; as well as water falls, clocks, pet gift baskets; certificate for a day of beauty at John Christopher Salon and Spa; a \$150 certificate from Riverside Tattoo; collectable Christmas Barbie dolls; fragrance & cosmetic baskets and back yard bird gifts. For the men, we had a football, signed by Pat Sullivan; certificates for green fees; golf balls; tickets to the Talladega 500, Spring Race; a Zebco

reel and tackle box, man's watch and Birmingham Barons' tickets. And, just in time for Christmas, portrait certificates from both Lance Johnson and Olan Mills.

There were drawings for U.S. savings bonds; a beautiful red, square dance dress; split the pot and a gift basket from Avon (Judy Bussey), as well as a cake walk.

Is there any wonder that the 2007 benefit almost doubled the money raised last year!

THANK YOU SWINGING STARS SQUARE DANCE CLUB!!!

Thank you to the Businesses and Individuals who contributed to such a great silent auction. Talladega Super Speedway Dillard's Dept. Store Wal-Mart Lowe's Green's Art Supply Couch's Jewelers Tackle Box Home Depot Animal Medical Clinic Walt Disney World J & S Boots Cracker Barrel McWane Science Center Birmingham Barons Smith Jewelers Lance Johnson Jeni Caroll Olan Mills Colonial Cottage Betty Reid Ryan's Ina & James Bright Unique Boutique Garfield's Wright Dairy Nunnally's Framing Sarah Cavender Jean Taylor Avon (Dixie Reynolds) Fowler's Antique Mall Stedham's Jewelers Joyce Reno Things Remembered Pokey's Photography Charisma Gift Shop Seales Golf Harley Davidson, Coldwater **Anniston Star** Bonsai, Lincoln **BJCC Buddy's Sports Country Buster Miles** Struts Brad's BBQ O'Charley's No.1 China Buffet Top O' The River Betty's BBQ Just Desserts Western Sizzlin **TCBY** Longhorn Steakhouse Olive Garden Classic on Noble Casa Fiesta Outer Banks Cameila Langston Bell Ringer Alabama Adventure Dollywood Prentiss and Lenora Johnson Grand Ole Opry Willie Sims Tackle Box Pine Hill Country Club Stoney Brook Golf Course Group, Alabama Cider Ridge Indian Oaks H & R Block Curves of Oxford Sunny King John Christopher Salon & Spa Stinson & Howard Marie Harbin Nancy Burnell Warren's Family Affair Benefield's Florist Pamela Payne YMCA (Jerry Adkins) Glenda Hassell **Knights of Columbus** Berman Museum Randy Travis Robert Trent Jones @ Silver Lakes Sannie Sue's Bobbie & Glenda Carlisle Angela Duck

Steel Magnolias Breast Cancer Support Group, Inc. and the Swinging Stars Square Dance Club, encourages everyone

Evan's Florist

Vickie and Jim Cox

to show your appreciation to the contributors to our silent auction with your business and tell them how much you appreciate their support of people living with cancer and of the people and organizations, like Steel Magnolias, who work to make a difference in Calhoun and surrounding counties.

A HUGE Thank You to Margaret & Jimmy Taylor and Vickie & Jim Cox for making the 2007 Swinging Stars Benefit for Steel Magnolias a great success!!!

Steel Magnolias' Speakers' Forum

The last of September, I received a call from the Calhoun County School Nurse Supervisor, Brenda Johnson. Brenda wanted two things from Steel Magnolias: very large, fluffy, pink bows, two for each school, to be tied to poles; and speakers for the high school and elementary school faculties. I told her I would get the bows ordered and Steel Magnolias would be delighted to speak to her school faculties, we just needed a speaking schedule. October, to say the least, was a busy month!

Before our faculty schedule began, other organizations requested a speaker. The October agenda was the beginning of many speaking opportunities:

Mon. Oct. 1	Heflin Baptist Church	Lenora Johnson
Thurs. Oct. 11	Oxford Kiwanis Club	Nancy Burnell
Mon. Oct. 15	Alexandria Elementary School Faculty	Brenda Johnson
Thurs. Oct. 18	JSU Social Work Club, Brewer Hall	Lenora Johnson
Sat. Oct. 20	Calhoun Co. Career Technical School	Gladys Denizard Gloria Woosley Rhonda Allen
Sat. Oct 20	Professional Educator's Organization	Marti Warren
Mon. Oct. 22	Saks Elementary School Faculty	Margaret Taylor
Tues. Oct. 23	Wellborn Elementary School Faculty	Gladys Denizard
Wed. Oct. 24	JSU Housing, Logan Hall	Marti Warren
Sun. Oct. 28	Bethlehem Baptist Church	Margaret Taylor
Mon. Oct. 29	Wellborn High School	Gladys Denizard
Fri. Nov. 2	Quest Club	Nancy Burnell
Mon. Nov 5	Pleasant Valley Elem. School Faculty	Lenora Johnson
Tues. Nov. 6	St. Charles Catholic Ch., Rosary Group	Gladys Denizard
Wed. Nov. 14	Chautauqua Study Club	Marti Warren

Speaking Forum Reports

"On Nov. 4th, I spoke to 20 women of the Chautauqua Study club at NHC Assisted Living in Golden Springs. It was amazing to me, how many of these women were totally unaware of the tremendous work that the Steel Magnolias Breast cancer support Group is doing in our area. Many of these ladies were retired educators that I had worked with through the years, and several were mothers of students I had in counseling at Anniston High. They were so

pleased to learn of our services; and one lady said to me, "Marti, I just donated \$1000 to help colon cancer patients. If I had known about Steel Magnolias, you would have gotten it." (Next time, maybe?) Marti Warren

"I, on Tuesday, November 6, spoke to the Rosary Group at Saint Charles Catholic Church in Jacksonville. After my presentation, several of the ladies said they were scheduling their mammograms." Gladys Denizard

Breast Cancer Awareness Program

When Brenda Johnson and I first talked about Steel Magnolias speaking to school faculties, Brenda told me that she was planning to ask two nurses who are associated with RMC and the public health department to come into the schools to conduct classes for 7th –12th grade girls. She, in a later conversation, said these nurses would not be able to take on the school program. She also asked if I knew of any registered nurses who would be able to work with school nurses on this project. My reply was, "I think I know nurses who would jump at the chance to make a difference in the lives of our high school girls." I asked three women, Connie Bedford, RN, Gladys Denizard, RN and Mandy McFall, Registered Mammographer. They all three wanted only to know, "When do we start." I got back to Brenda and asked for her to write a statement, outlining her vision for this program. This program starts in January, 2008.

Brenda's Vision

"Too long we have not included young people when we talk about breast cancer. They deserve to know what breast cancer is all about. If we get them when they are young and are very impressionable, we might be able to help them develop good health habits. They need to know that breast cancer is not always hereditary and that doing a self breast exam, even as young as they are, might one day save their life. So many times young ladies don't do self breast exams because they think, because they are young, there is nothing to worry about. We are seeing younger and younger women being diagnosed with breast cancer. If we can reach them when they are young, we will be able to change the way people think about breast cancer. From my heart, Brenda"

Steel Magnolias used \$1,400 of the money raised by the Swinging Stars Benefit to purchase, from the Susan G. Komen Breast Cancer Foundation, the most wonderful booklets for young women, "Young Women Taking Care" and posters to match, as well as a professional breast form teaching aid. The teaching aid consists of three forms: (one) demonstrating normal tissue, (one) demonstrating fibrocystic tissue and (one) demonstrating cancer. These three forms are stored, for ease in transporting, in a small suit case. By ordering the teaching material through the North Central Alabama affiliate of the Susan G. Komen Foundation, Steel Magnolias were able to save \$600 below the Komen for the Cure website price.

North East Alabama Regional Medical Center Steel Magnolias Help in Advertising

On the evening of October 23, 2007, Anniston Star reporter, Matt Cosper came to the Tyler Center, for the purpose of interviewing the *Men of Steel*. His October 24, article was very well written.

"Support group helps spouses of women with breast cancer"

The way Prentiss Johnson describes it, the news about cancer knocked his feet from under him, and it wasn't even his diagnosis. The Anniston resident says the heart attack he had in 1993 was nothing compared to the pain when he learned his wife Lenora, was diagnosed with breast cancer seven years ago. "It took us three days to know we were still living," he said.

Now, there is relief for the spouses who are supporting their loved ones experiencing cancer. Consider it a support group for supporters: Men of Steel. The group which met for the second time Tuesday night a the Tyler Center, is a variation of the women's group, Steel Magnolias. For Jimmy Taylor, founder of Men of Steel, the original goal was to form a support group for men whose wives had breast cancer. He said Jim Wilson, Chaplain at Regional Medical Center, and Lenora Johnson, Executive Director of Steel Magnolias, encouraged him to start the group which meets at 5:00 p.m., on the fourth Tuesday of each month.

Although the men that have been meeting so far have been survivor's spouses, Taylor said everybody is welcome to attend. "(Cancer) affects everyone differently," he said, "So the hope is by sharing stories, everyone heals better. Besides Taylor and Johnson, members, Paul McCabe and Thomas Harbin said they were glad to find a forum for sharing their feelings.

One of the difficulties with being a husband whose wife is diagnosed with cancer, said Johnson, is the feeling of help-lessness that follows.

McCabe said he had a friend who committed suicide when he found out his wife had cancer. Other men decide to leave their wives when they find out they need to have a breast removed, he said.

Taylor said when he found out his wife had cancer, two years ago, he was barely familiar with the disease.

Harbin, an Anniston resident, said he wishes he had a support group years ago when his first wife was diagnosed with cancer. "I'd have to drive from Anniston to Birmingham five days a week," he said. When his second wife was diagnosed with cancer, he said he was better prepared. "I know a lot more about cancer and what to expect. I look back at it and it's a nightmare."

Taylor said he plans on mailing out letters to all the husbands of Steel Magnolias to raise awareness about the group.

"We feel really good about it," said Steel Magnolias member, Marti Warren, of Anniston, who said she remembers her husband withdrawing from her when she was diagnosed with cancer 22 years ago. Looking back, she said she thinks the fact that he didn't have anyone to talk to about his feelings might have been a factor. Everyone benefits from a group like Men of Steel, she said, gesturing to members of Steel Magnolias. "They can't do it without all these men supporting them." By Matt Cosper....Star Staff Writer

Health Link Ina Rooks, Wife, Mom, Grandmother and Cancer Survivor

Issue 36 Fall 2007, featured on the cover, a picture of our, Steel Magnolias Chaplain and expert fried apple pie maker, the beautiful, Ina Rooks!

Wife, Mom Grandmother and cancer Survivor, Ina Rooks enjoys reading nonfiction books, which isn't surprising considering her real life story about breast cancer.

A resident of Clay County, Ina's story began when a routine mammogram showed an abnormality later found to be malignant. She underwent a mastectomy and reconstructive surgery, followed by months of chemotherapy. "At that time in my life, my priorities were my family and taking computer classes at a local college. When RMC doctors told me about this cancerous tumor, I quickly made the decision to have the surgery because I wanted to get back to those priorities," Ina explains.

Despite her good intentions, Ina's recovery and treatment were exhausting, including daily visits to the hospital for shots, frequent exams and ongoing consultations with RMC cancer care Team. "I was glad to be able to get quality care and treatment so close to home by a team of compassionate people who treated me like a human being, not a number. If I had had to drive to a big city for treatment, I'm not sure I would have had the energy to do it because my body was so tired," says Ina.

Three years have passed since Ina's breast cancer surgery, and her priorities have changed. Although she eventually finished her computer classes, she now focuses on helping other breast cancer patients through the Steel Magnolias support group. "What used to be important is not important anymore. God blessed me with many friends, family and supporters. Because of that, I like to pass those blessings on to other cancer patients," says Ina.

Harris Clark's Retirement Plans Did Not Include Cancer

It was gratifying to see, in the Anniston Star, Mr. Harris Clark's story, an advertisement for RMC and Dr. Spremulli. Mr. Clark is a member of the church to which we are also members, Leatherwood Baptist Church. He is one of the people who was contacted by me about allowing Susan Williamson to tell his story. Mr. Clark was delighted to do so and we are very pleased to have been a part of it all.

I first met Mr. Harris Clark through, Jean Gidley, when she called and asked if Harris and his wife Peggy could attend our July, New Beginnings Banquet at Top O' The River. Jean closed the program with our theme song, "I Hope You Dance." Jean's biggest fan is Harris Clark. On behalf of Steel Magnolias and RMC, "Thank you Harris!"

Group Meeting

The Steel Magnolias Breast Cancer Support Group, Inc., met on Tuesday, October 23, 2007 at 5:00 p.m. at the Tyler Center. President, Marti Warren called the meeting to order. For the benefit of ladies attending for the first time, Marti asked everyone to introduce themselves. First time attendees were then asked to tell their stories.

Marti announced that the Board of Directors approved the 2008 slate of officers and gave a brief summary of the duties of each officer.

In the absence of Chaplain, Ina Rooks, Lenora Johnson read our prayer list and asked for special prayer for Tommy Johnson, stage 4 lung and brain cancer patient, husband of Brenda Johnson; for Keither Zeimet, who recently lost her dad, and Janet Reese, who lost her home in an Oct. 14 fire that killed her two little dogs. Lenora announced that Steel Magnolias had made a \$300 emergency contribution to Janet. She was left with only the clothes she was wearing.

Business Meeting: Minutes were read and approved. In the absence of Treasurer, Nancy Burnell, there was no financial report. Old Business: (1) Margaret Taylor reported that, to date, the Oct. 13 Benefit has raised \$4500. Money is continuing to be turned in. (2) Everyone needs to sign and give Margaret the release form, allowing their picture and autobiography to be used on the *Survivor Page* of our website. New Business: (1) We will meet at Shoney's for Christmas breakfast at 10:00 a.m. on Sat. Dec. 8. Everyone attending bring a \$10 gift, suitable for either male or female. (2) Marti reported that Chaplain Wilson is working with a local taxi company and with social services to begin a program, helping cancer patients with transportation. (3) Lenora gave the *Director's Report*. Everyone received a copy. (4) Because we are changing how our dining vouchers will be distributed, Lenora suggested we change the number of vouchers from 2 to 1 per family until we are sure of the stability of our voucher funding. (5) Lenora asked for volunteers that are willing to participate either in the Speakers' Forum or help with health fairs. Marie Harbin volunteered for speaking assignments and Keither Zeimet volunteered to work at health fairs. (6) Marti encouraged everyone to log onto <www.Lifetime.com> and register your vote against making mastectomy a one day hospital stay. (7) Rhonda encouraged everyone to apply for a car tag supporting Alabama Cancer Research. More information is available @<www.steelmagnoliasinc.org>. Motion was made by Gloria Woosley that we adjourn and seconded by Gladys Denizard. Respectfully submitted by Margaret Taylor, Secretary

Financial Report

Rolongo Prought Forward \$2 105 56

	Balance Brought Forward	\$3,103.30
October 2007		
1) — \$ 100.00	Lenora Johnson: Monthly Expense	3,005.56
1) — 200.00	Komen Race for the Cure 3 pink ribbons	
	(Sandy Trammel and Sandie Bridges)	2,805.56
3) — 100.00	Pink Ribbon Lane Donation to Komen-Jo Ann Taylor	2,705.56
3) + 700.40	620.40 Refund for bad pens from Positive Promotions 80 contribution	3,405.96
15) — 75.60	Advanced Printing	3,330.36
15) + 3,957.00	Swinging Star's Benefit	7,287.36
16) — 300.00	Janet Reese Emergency Needs & Clothing Love Offering	6,987.36
25) + 316.00	290 Katrina Jewelry 26 Gladys Denizard Silent Auction	7,303.36
25) — 650.00	American Mint (1000) Steel Magnolias Lapel Pins)	6,653.36

Mark Your Calendars

Tuesday, November 27: Steel Magnolias & Men of Steel meet, 5:00 p.m., @ Tyler Center, room behind deli. Please bring either your favorite casserole, a light dessert or fresh fruit

Saturday, December 8: Steel Magnolias Christmas Party, 10:00 a.m., Shoney's in Oxford Private Pay for Breakfast. Everyone attending bring a gift suitable for a man or a woman

Tuesday, January 22, 2008: Steel Magnolias & Men of Steel meet at 5:00 p.m. Tyler Center

Have a Wonderful Christmas and a most Blessed New Year!!! 2008 promises to be a year of great opportunities for service to our community

Let us show our gratitude for GREAT BLESSINGS, this Thanksgiving season, by depositing a love offering in the Relief Account for Janet Reese at Regions Bank, 10th Street and Wilmer Avenue. Janet lost everything, including her two little dogs, when her house burned on Oct. 14.

Here Goes

Moses the Parrot

A burglar broke into a house one night. He shined his flashlight around, looking for valuables; and when he picked up a CD player to place in his sack, a strange, disembodied voice echoed from the dark saying, "Jesus is watching you." he nearly jumped out of his skin, clicked his flashlight off and froze. When he heard nothing more after a bit, he shook his head, promised himself a vacation after the next big score, then clicked the light on and began searching for more valuables. 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." The burglar relaxed. "Warn me, 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."

The Revival

Bubba goes to the Revival and listens to the Preacher. After a while, the Preacher asks anyone who needs to be prayed for to come forward. Bubba gets in line. When it's his turn, the Preacher says, "Bubba, what you want me to pray about?" Bubba says, "Preacher, I need you to pray for my Hearing." So the Preacher puts one finger in Bubba's ear, and the other on top of his head, and prays a while. After a few minutes, he removes his hands and says, "Bubba, how's your hearing now?" Bubba says, "I don't know Preacher, it's not until next Wednesday in Baton Rouge."

Where Nicknames Begin... The Story of Red Man

Cahill's mom received a call from his kindergarten teacher, asking her to come and pick him up. When she arrived, she found little Cahill covered in red marker. He had found the teacher's stamp pad and proceeded to stamp himself all over and rub it in. He told his teacher, when she asked what had happened, "I dropped my marker and the marker did this to all my body." His mom took him home and gave him a bath but the marker was permanent and left him red. Mom took her son's picture for the family album and asked him why he had rubbed the marker all over himself. Cahill said, "I just wanted to be the HUMAN TORCH, a super hero that turns into fire. His mom took him back to school to apologize to his teacher for lying. Since then, everyone calls him "RED MAN."

This is a true story about a grandson of Jimmy and Margaret Taylor

Diet for Stress

Specially formulated diet designed to help cope with the stress that builds during the day.

Breaktast	Lunch	Atternoon Tea
1 Grapefruit	1 Small portion lean, steamed chicken	The rest of the Hershey Kisses
1 Slice whole wheat toast	1 Cup spinach	in the bag1 Tub of
1 Cup skim milk	1 Cup herbal tea	Hagen-Daz ice cream
	1 Hershey's kiss	with chocolate chips

Dinner

4 glasses of wine (red or white)
2 loaves garlic bread
1 family size supreme pizza
3 Snickers Bars-Late Night Snack
1 whole Sarah Lee
Cheesecake (eaten directly from the freezer)

REMEMBER: Stressed spelled backward is Desserts

AEMIEMBER. Sujesseu spelieu backwai u is Desse

Lost in The Darndest Places

An elderly Floridian called 911 on her cell phone to report that her car has been broken into. She is hysterical as she explains her situation to the dispatcher: "They've stolen the stereo, the steering wheel, the brake pedal, even the accelerator!" she cried. The dispatcher said, "Stay calm. An officer is on the way." A few minutes later, the officer radios in. "Disregard." he says, "She got in the back-seat by mistake."