

Steel Magnolias

Breast Cancer Support Group, Inc.

Flowers of Tomorrow

September 17, 2007

ALL THE FLOWERS OF ALL THE TOMORROWS ARE IN THE SEEDS OF TODAY

Being a woman who was reared by farmers, I have always said, "I have a little dirt running through my veins."

Life hits every person, sooner or later, with something that is devastating. Whatever has toughened us, in earlier years and whatever has given us a resilient attitude, much like a seed that lays dormant until conditions coming together, produce germination, allows us to be strong.

As everyone learns, soon after meeting me, gardening has always been one of my passions. After developing lymphedema, and suffering repeated bouts of bacterial infection and cellulitis, I was forced to give up my passion of landscaping.

"Now He who supplies seed to the sower and bread for food will also supply and increase

your store of seed and will enlarge the harvest of your righteousness.

II Corinthians 9:10

Years ago, my good friend, Sheila, gave me, for my birthday, an Alabama Cooperative Extension Service book, "Planting and Growing in Alabama" She signed it: "To Lenora—Many a thing you have touched has blossomed. I know you truly have a Spiritual Guide within. I speak of the hearts and lives of friends such as I; plus family and loved ones. I leave that part to God. But maybe there is still a little to learn about tilling His earth, therefore may this book guide you in those endeavors."

The greatest gifts God has given me, are the seeds of friendship I share with the wonderful people God has ordained to cross my path. Thank You Friends!

There is always music amongst the trees in the garden, but one must be still to hear it.

Several years ago, my brother, Gerald, a retired

English teacher and a person, like myself, who is constantly looking for inspiration from everyday sightings, came to my house with an idea for a poem. We sat at my breakfast table and composed the first verse. My homework was to complete the poem, whose title is:

The Chimney Lonely On A Hill

The chimney standing lonely on a hill
Is a lone memorial to the family who once there lived.
The hearth, now cool, once radiated its heat;
And the old brick and mortar the past does entreat.

"Till death do us part,"
pledged Ben and Louise;
Standing on their homestead among Fall's golden leaves.
Their home would be humble, their rooms but a few;
Peacefully they lived, and their children numbered two.

How rousing the chill on that crisp October morn;



Sharing love through support

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When the first of their two
babies was born.
The fire that flickered in the
red brick fireplace
Rejoiced at this time of ten-
derness and grace.

Radiant were the faces of
Ben and Louise,
As their child sowed the
seeds of tomorrow's
memories.
Playing in the fields of their
Alabama farm,
Little Ben beamed with joy
because of Nature's casual

Charm.

Years hastened onward for this gracious family;
Soon life was enriched with the birth of Emily.
How sweet was the fragrance of Spring's daffodil,
Celebrating the home where the tiny girl would live.

Struggles, there were many, as with every man and wife.
Yet, love remained the victor after every time of strife.
Little Ben grew into manhood and went to seek his way;
These parents knew that Emily would wed and leave one day.

The years so quickly passed, as youth slipped away.
Ben's raven hair matured unto wispieness and gray.
Age lines soon wrinkled Lou's once flawless face.
Now they sat, reminiscent, before the red brick fireplace.

Called by their maker; Ben and Louise
Crossed Jordan with Jesus, together received!
Missed by their children, mourned by their friends;
The house seemed lonely, no one sheltered therein

What sparked the fire in the dwelling, nobody can say;
Smoke filled the air as the house burned away.
Sometimes as the wind blows Fall's golden leaves;
The chimney is heard whispering, "Ben and Louise."

Now the chimney standing lonely on a hill,
Is a lone memorial to the family who once there lived.
By Lenora Washington Johnson

Steel Magnolias Jester

About a month ago, Hazel Johnson Rudolph, the delightful woman who, at the April, Steel Magnolias' meeting, shared her poetry on growing older, called to tell me that she had been diagnosed with breast cancer. She said, "Lenora, I'm 95 years old and I am not going to start having surgery and taking chemotherapy, all of us will someday die, something else will probably take my life before the cancer. But, now that I'm a part of this sorority, you need to give me a job, I want the rest of my life to count for something." I said, "Hazel, I think at 95, you should be doing what you want to do. What do you want to do?" She replied, "I want to make people laugh." "Alright," I said, "We have our first Steel Magnolias Jester. Your job is to bring the funniest story you can find to each meeting." Our August meeting was only three days away. Two of the people at that meeting were, Hazel Johnson, accompanied by her daughter, Nancy. As soon as I introduced Hazel to the group, she asked, "Are you ready for my joke?" Here goes:

August 28, Jester's Corner....Marriage Counselor

An elderly man and woman began having a great deal of trouble in their marriage and decided to consult a marriage counselor. The wife said to the counselor, "I just don't think my husband loves me anymore. He never says a kind word, he never compliments how I look or anything I do. Why he never even hugs me or says, 'I love you,' I just don't think he loves me anymore. The therapist got up out of his chair, walked around his desk and took the old woman's hands, helping her to stand. He wrapped his arms around her and kissed her right on the lips. Turning then to the husband, he instructed, "This is what your wife needs, twice a week." The husband said, "Doc, I think we can handle that. I'll have her here every Tuesday and Thursday."

Throughout her life, with the seeds she has sown, Hazel has blessed the lives of others. She has been Cupid to many local couples, including Prentiss and me, a Sunday school teacher to the likes of the boy, Jimmy Wilson, and provided help to many, including two families of Vietnamese Boat People. She didn't plan to be an astute, accomplished business woman; circumstances that included an unhealthy husband and children who looked to her for the necessities of life, shaped her into a woman who is an example of the Virtuous Woman described in Proverbs 31:10-31.

Steel Magnolias Group Meeting

The Steel Magnolias Breast Cancer Support Group, Inc., met at the Tyler Center, 5:00 p.m., on August 28, 2007. Chaplain, Ina Rooks, presented a monologue concerning how to live our lives positively and also led prayer for those on our prayer list and gave thanks for our food.

Everyone enjoyed a meal of salads, bread—chips, and dessert.

Following our food and fellowship, Dixie Reynolds, Avon Representative from Quintard Mall, presented a program of skin care, while giving Leigh, a newly diagnosed breast cancer patient, a makeover. Dixie then shared her story of the tragic accidents of her two sons and the miracle of their recovery.

Lenora read a card from a care package recipient, Rosemary, who lives in Merrillville, Indiana. Rosemary was referred to us by Steel Magnolia, Janet Reese. Lenora then introduced newly diagnosed breast cancer patients who were attending for the first time: Leigh and husband, Phil of Oxford, Hazel and daughter, Nancy of Jacksonville, Marilyn of Weaver and Rhonda of Oxford.

After introductions were made Hazel Johnson Rudolph, the first Steel Magnolias Jester, read her, "Levity of the month." *Marriage Counselor*.

In President, Pam Bussey's absence, Lenora passed out an agenda for the business meeting.

- 1) The nominating committee is to meet and prepare a slate of officers for the new year. Should be ready for election on Sept. 25.
- 2) Discussed Sept. 11 reception and open house.
- 3) Secure signatures on release forms for RMC and Steel Magnolias—Rights to use survivor stories and pictures on both web-sites and RMC brochures.
- 4) Not discussed
- 5) Margaret Taylor reported on the Benefit Dance, scheduled for Oct. 13, sponsored by the Swinging Stars Square Dance Club.

Lenora told us about a magazine that had been donated to Steel Magnolias. This magazine, entitled, *Caring For Cancer*, will be included in each care package.

Meeting adjourned

Respectfully Submitted by

Margaret Taylor, Secretary

Financial Statement

		Balance Brought Forward:	\$2,949.39
8-01 —	100.00	Lenora Johnson, monthly expenses	2,849.39
8-01—	37.58	Lenora Johnson, UPS Postage	2,811.81
8-28—	181.15	Lenora Johnson, Fax Machine, P.O. Box Rent, Pink Paper	2,630.66
8-28—	41.00	Ina Rooks, Postage Stamps	2,589.66
8-30 +	210.00	42 RAJ Sales, 100 Margaret & Jimmy Taylor (In memory of Mr. & Mrs. Paul Owen)	
		25 Stephanie Davis (In honor of her mother)	
		20 Hazel J. Rudolph, (Contribution)	
		20 (Contribution) 3 (Contribution)	2,799.66

Current Correspondence will be included in the October Newsletter

15th Annual RMC Cancer Survivor Day

Thursday September 6th, the Anniston City Meeting Center was the location of the 15th Annual Cancer Survivor Day Celebration. Many Steel Magnolias attended the celebration and enjoyed a catered meal and had fun playing bingo. Wendy Watson, who has for years worked long hours in the RMC Cancer Research Department, is the organizer of this annual event.

Sacred Heart Community Health Fair

On Saturday, September 8, Gladys Denizard and Marti Warren manned the table for Steel Magnolias, at the Sacred Heart Community Health Fair, at Golden Springs Community Center. The night before, Janet Reese, chairperson of the Steel Magnolias table, entered the hospital, and Gladys and Marti carried on in her absence.

Many people stopped by, asked questions, took literature and signed to receive our newsletter.

According to Marti, the most impressive act of the day was to watch Gladys minister, in their native language, to the many Hispanics in attendance. Gladys is truly a Godsend to Steel Magnolias and we appreciate her so much!

Submitted by Marti Warren

Steel Magnolias Open House and Reception

The first thing I want to do before reporting on this outstanding event, is to give heartfelt thanks to Mr. Arthur L. Clements and his staff for doing such a remarkable job of making the old floors in the RMC West Building look spectacular. Whether for displays of educational material or to hold the abundance of great food, they saw to it that we had all the tables needed.

Another individual who deserves great accolades is Rhonda Allen. Rhonda is new to our group and is a dynamo! She got contributions of money, food, door prizes, balloons, signs, as well as contributions to the Oct. 13, silent auction. From the bottom of our hearts, thank you Rhonda!

After a day of preparation and planning, the morning of September 11 arrived.

On our way to RMC West, Prentiss and I stopped by Dad's Barbecue and picked up two big boxes of ice. Thanks to Dr. Dave Roberts, who had earlier delivered insulated cold tubs, we were able to get all the ice needed to chill our Pepsi Colas and bottled water. Upon arriving at the main lobby, we saw that several Steel Magnolias were already busy getting displays and brochures on our tables.

Gloria Woosley could stay only long enough to deliver an ample size platter of hers and Mr. Woosley's mouth watering, French doughnuts. From her aunt's estate, Wanda Pettis stopped by, just long enough to deliver a contribution of new mastectomy bras and old jewelry.

More than 100 people enjoyed a meal fit for a king, provided by Classic on Noble, Papa John's Pizza, Firehouse Subs, Lamar's Doughnuts, and a variety of other desserts provided by various Steel Magnolias. Flowers for our tables were provided by Margaret Taylor and Lenora Johnson. Gladys Denizard, Marti Warren, Margaret and Jimmy Taylor, Nancy and Harry Burnell, Ina Rooks, Rhonda Allen, and Lenora and Prentiss Johnson worked feverously, and were ready when the first guests arrived. It was great to see Elizabeth and Paul McCabe, and Rebecca, following Paul's very serious surgery. Sandy Barker came early and stayed until we took the tables down. We look forward to the time that Sandy can be a part of every project of Steel Magnolias.

Special guests who made this day special for Steel Magnolias: The Tuesday Bear Huggers, who have, since November 2001, provided comfort packages for newly diagnosed patients; Dixie Reynolds, who came with a new supply of Avon products; Wanda and Jimmy Posey, founders of *Crusin' For A Cure*, surprised us with a visit and a \$100 contribution; Ouida Rabon, a Medicaid representative from Montgomery, came equipped with power point and literature to help us learn more about accessing help for patients, identified through the AL Public Health Dept. Breast and Cervical Cancer Early Detection Program, funded by the CDC., with matching funds, for breast cancer, from The North Central Alabama Affiliate of The Susan G. Komen Breast Cancer Foundation; (NOTE) Rita Maynard, ADPH Coordinator, didn't attend, due to meeting with CDC officials concerning funding, but shipped valuable educational material; Jennifer Pate, RMC's new Lymphedema Massage Therapist, who will be full time for patients at the Tyler Center; Ann Marie of Country Side Hospice, came early and helped to set up. Several doctors and staff came from the RMC Physicians Center. Employees from the main hospital and the Tyler Center also shared this special day and were amazed at the body of work, on a volunteer only basis, that Steel Magnolias provides to the Regional community. We trust that our hard work, in providing this event, will make us more visible to newly diagnosed patients.

We appreciate the young man from Classic who delivered the food and then came back for the trays. As well, we appreciate Jimmy Taylor for carrying our left-over sandwiches and pasta salad to the County Sheriff's Office.



Breast & Cervical
**CANCER EARLY
DETECTION**
Program of Alabama



The Susan G. Komen
Breast Cancer Foundation
North Central Alabama Affiliate

Alabama Breast & Cervical Cancer Screening Program Alabama Department of Public Health

If you are between the ages of 40 and 49 and receive a screening mammogram through the **Alabama Breast and Cervical Cancer Early Detection Screening Program** in the counties listed below, your screening mammogram will be funded by the **North Central Alabama Affiliate of the Susan G. Komen Breast Cancer Foundation**. Please call the toll free number 1-877-252-3324 to see if you qualify to participate in this free breast screening program.

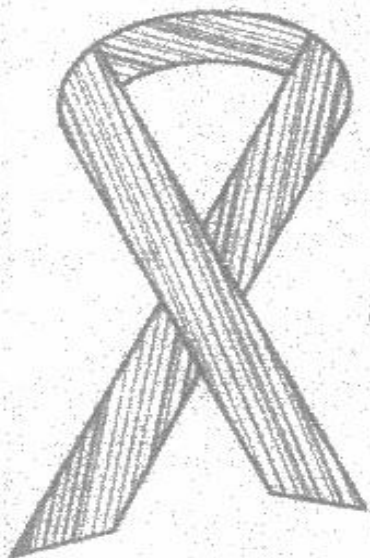
Bibb	Cullman	Lauderdale	Shelby
Blount	DeKalb	Lawrence	St. Clair
Calhoun	Etowah	Limestone	Sumter
Chambers	Fayette	Madison	Talladega
Cherokee	Franklin	Marion	Tallapoosa
Chilton	Greene	Marshall	Tuscaloosa
Clay	Hale	Morgan	Walker
Cleburne	Jackson	Perry	Winston
Colbert	Jefferson	Pickens	
Coosa	Lamar	Randolph	

UNINSURED WOMEN—DO NOT SEE A DOCTOR FOR A DIAGNOSIS BEFORE GOING TO THE HEALTH DEPT.!! A PRIOR DIAGNOSIS WILL ELIMINATE YOU FROM THIS PROGRAM, EVEN IF YOU QUALIFY. WHEN YOU FEEL A LUMP—CALL IMMEDIATELY AND MAKE AN APPOINTMENT. YOU WILL SEE A DOCTOR, IF YOU ARE DIAGNOSED WITH CANCER! MANY GREAT SURGEONS ARE ACCEPTING PATIENTS FROM THE HEALTH DEPARTMENT. Repeat: Do Not See a Doctor before going to the Health Department!

Steel Magnolias



*Table 7
Dresses that
Istina*



Benefit Dance Cancer Support

October 13, 2007
Oxford Civic Center

*Cake Walk
Silent Auction
Recycled Antique
Jewelry*

*Drawings
for
Savings Bonds*

*Rounds: 7:00 - 8:00 pm
Squares: 8:00 - 10:00 pm*

Area Callers and Emcees

*Admission: \$6.00 per person
Non-dancers: \$3.00 per person*



*Sponsored by: Swinging Stars
Square Dance Club*

*For information:
Call 256-463-7620
Or 205-403-4486*

The proceeds from last year's Swinging Stars Benefit for Steel Magnolias, are now paying for dining vouchers, two to a family, whose loved one is in surgery for cancer at RMC. These vouchers are also made available to the 4th floor, cancer treatment center. Family or Friends who sit with a cancer patient on the 4th floor, and cannot afford to buy their meals, will receive a voucher to eat in the RMC Cafeteria.

If you, a friend or family member have recently had cancer surgery at RMC and did not receive a dining voucher, please call (256) 231-8827 and leave a message. These are available for all internal cancers. VOUCHERS ARE NOT GIVEN FOR BIOPSY.

cruisin' for a Cure®



to benefit the

The Susan G. Komen
Breast Cancer Foundation

North Central Alabama Affiliate

Saturday October 6, 2007

Hokes Bluff City Park

Hokes Bluff, AL

Rain or Shine 8 am til 4 pm

Anything with wheels welcome

Swap Meet, Arts & Crafts

All Net Proceeds to benefit

Breast Cancer Awareness,

Support and Research

For Info. 256-492-2942

Serving Breakfast From 7-9 a.m. Sat.

Sponsored By: Tawana Lions Club

Concessions Available After 10 a.m.

Sponsored By: Bama Chevy Club

75 % of money
From this event
stays in the North
Central Alabama
Affiliate, provid-
ing grants for or-
ganizations such
as Steel Magnolias
and to match
funding for unin-
sured women who
qualify for free
screening.

Great Crafters are part of this fun
event! I can't resist beautiful hand
made, creative treasures.

Join Prentiss and Me at the Hokes
Bluff City Park!

While I shop, he will be slobbering over
some antique car, truck or tractor!

Wanda Posey, who is a breast cancer
survivor and husband Jimmy, started
this event and are great host & hostess.

Mark Your Calendars

Steel Magnolias Events

Tuesday, September 25: Steel Magnolias Group Meeting, 5:00 p.m., Tyler Center, Meeting Room Behind Deli. Election of 2008 Officers and Fellowship Meeting
Those attending bring a selection from either: Sandwiches, Salad or Dip

Tuesday, September 25: Men of Steel will meet and share refreshments with Steel Magnolias before going to their separate meeting.

Saturday, October 13: Swinging Stars Square Dance Club Benefit for Steel Magnolias
7:00 p.m. Oxford Civic Center....Tickets are: Dancers \$6—Non-dancers \$3 —Includes Dinner
Cake Walk—Drawings for Savings Bonds—Marti's Recycled Antique Jewelry—Huge Silent Auction—
Table of Treasures that Survived Katrina—Choose an item for a \$3 minimum contribution

Community Events

Saturday, October 6: Crusin' For A Cure, 8:00 a.m.— 4 p.m., Hokes Bluff Park, Hokes Bluff, AL
Antique Car Show—Swap Meet—Arts & Crafts—Breakfast 7 –9 a.m.—Concessions after 10 a.m.
Proceeds going to The Susan G. Komen Breast Cancer Foundation

Saturday, October 13: Race For The Cure, Linn Park, Birmingham Alabama, 8:30 a.m. starting
time of 5 K Run-Walk

Here Goes

Stop Church Gossip

Mildred, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose in to other people's business. Several members did not approve of her extra curricular activities, but feared her enough to maintain their silence. She made a mistake, however, when she accused Frank, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon. She emphatically told Frank (and several others) that everyone seeing it there would know what he was doing. Frank, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend or deny....He said nothing. Later that evening, Frank quietly parked his pickup in front of Mildred's house....Walked home...And left it there all night!!!

What Are You In For

Two little kids are in a hospital, lying on stretchers next to each other outside the operating room...the first surgeries of the day. The first kid leans over and asks, "What are you in here for?" The second kid says, "I'm in here to get my tonsils out and I'm a little nervous." The first kid says, "You got nothing to worry about. I had that done when I was four. They put you to sleep, and when you wake up they give you lots of Jell-O and Ice Cream. It's a breeze." The second kid asks, "What are you here for?" The first kid says, "A circumcision." Whoa!" the second kid replies. "good luck buddy, I had that done when I was born. Couldn't walk for a year."

Two Lawyers

Two lawyers walking through the woods spotted a vicious looking bear. The first lawyer immediately opened his briefcase, pulled out a pair of sneakers and started putting them on. The second lawyer looked at him and said, "You're crazy! You'll never be able to outrun that bear!" "I don't have to," the first lawyer replied. "I only have to outrun you."

My Doctor's Visit

Yesterday I went to the doctor for my yearly physical. My blood pressure was high, my cholesterol was high, I'd gained some weight and didn't feel so hot. My doctor said eating right doesn't have to be complicated and it would solve my physical problems. He said just think in colors; fill your plate with bright colors; greens, yellows, reds, etc. I went right home and ate an entire bowl of M&M's and sure enough, I felt better immediately. I never knew eating right could be so easy.

Apple Announced

Apple announced today that it has developed a breast implant that can store and play music. The iTit will cost \$499 or \$599 depending on cup size. This has been hailed as a major breakthrough because women are always complaining about men staring at their breasts and not listening to them.

Texas Sisters

Two sisters, one serious and one too busy partying to be serious, inherit the family ranch. Unfortunately, after just a few years, they had financial trouble. In order to keep the bank from repossessing the ranch, they needed to purchase a bull from the stockyard in Ft. Worth so that they can breed their own stock. They only have \$600 left. Upon leaving, the serious sister tells her sister, "When I get there, if I decide to buy the bull, I'll contact you to drive out after me and haul it home. Serious sister arrives at the stockyard, inspects the bull, and decides she wants to buy it. The man tells her that he will sell it for \$599, no less. After paying him, she drives to the nearest town to send her sister a telegram to tell her the news. She walks into the telegraph office and says, "I want to send a telegraph to my sister telling her that I've bought a bull for our ranch. I need her to hitch the trailer to our pickup truck and drive out here so we can haul it home. The telegraph operator explains that he'll be glad to help her, then adds, "It's just 99 cents a word." Well after paying for the bull, she has only \$1 left. She realizes that she'll only be able to send her sister one word. After a few minutes of thinking, she nods and says, "I want you to send her the word 'comfortable.'" The operator shakes his head. "How is she ever going to know that you want to hitch the trailer to your pickup truck and drive out here to haul that bull back to your ranch if you send her just the word 'comfortable?'" The serious sister explains, "My sister is a party girl, one of them Ex's from Texas. The word is big. She'll read it very slowly.... "Com-for-da-bull."