

Steel Magnolias

Breast Cancer Support Group, Inc.

Just Tryin' To Matter

March 15, 2006

On the evening of Sunday
March 5, Reese
Witherspoon, became the
recipient of the 2006
Oscar for best actress, for
her performance in the
movie, "Walk the Line."
In her acceptance speech,
she repeated this quote
from the lips of June
Carter Cash: "Just Tryin'
To Matter."

Matter

To be of impor-
tance....Value....Carry
weight....Have influ-
ence....Be of conse-
quence....Worthy of no-
tice.

At the end of our life on
earth, each of us would
like to know that these
words describe the legacy
we've left behind.

The Dash

A minister stood to
speak
At the funeral of his
friend.
He referred to the
dates on her tomb-
stone
From the beginning to
the end.

He noted that first
came the date of her

birth,

And he spoke of the
second date with tears,
But he said what mat-
tered most of all
Was the dash between
those years.

For that dash repre-
sents all the time
That she spent alive on
earth,
And now only those
who loved her
Know what that dash is
worth.

For it matters not how
much we own;
The cars, the house
the cash.
What matters is how
we live,
And how we spend our
dash.

So think about this
long and hard,
Are there things you'd
like to change?
For you never know
what time is left;
You could be at the
"dash, mid-range."

If we could just slow
down enough,
To see what's true &
real,

And always understand

The way that others
feel.

And be less quick to
anger,
And show appreciation
more,
And love the people in
our lives
Like we've never loved
before.

If we treat each other
with respect,
And more often wear a
smile,
Keeping in mind this
special dash
Might last but a little
while.

So when your eulogy's
being read,
Your life's actions to
rehash,
Would you smile at the
things being said
About how you spent
your dash?

Becoming Focused

It was only a short while
back that we were trying
to figure out how to make
reality of the dream of
becoming a recognized
non-profit organization.
We sought this for the



Sharing love through support

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.....
community, that would ulti-
mately open doors for all
women. The ability to access
early detection and better treat-
ments and services for breast
cancer patients.

During that time, I received this
e-mail, produced by "The Daily
Motivator. It is great!

Who you can become

What you truly desire is indeed
possible. If it were not possible,
you could not have the genuine
desire for it. Your true desire is
not there to taunt you or to frus-
trate you. Its purpose is to point
your attention, your efforts, and

your energy in a clear, specific, worthwhile direction. The desires that demand the most from you are the ones that end up being the most valuable. For those desires compel you to discover and fulfill who you truly are. It is not easy to transform a desire into reality. And that is one reason you desire it, to encourage you to get it done. It is not easy, yet it is possible. And in pursuing your most desired possibilities, you more fully become the unique and valuable person you are. Listen to your highest desires, see them, feel them and bring them to life. In those desires you'll discover who you can become.....

Ralph Marston

Children who were reared in the swamps of Florida in the 1950's, had little access to reading material. That is the reason I have such a distinct memory of the Guidepost magazine that I found while walking along the railroad tracks. I remember only one quote from that magazine, and it has been a source of inspiration since I was in my early teens. Dr. Norman Vincent Peale's famous quote has guided me all these years: **"If you can think it you can do it."**

Receiving Ralph Marston's, "Who You Can Become," just put an explanation mark to Dr. Peale's quote.

...Bull's Eye...Target...Focus...

The passing of Mazie Wilson, a wife, mother, and respected professional in her field, is just another reminder of how important it is to have our cancer diagnosed at the earliest possible moment. Mazie, the wife of Fred Wilson, who serves on the RMC Board of Directors, certainly thought she was getting the necessary screening. Yet, in little over two years after diagnosis, Mazie lost her battle with breast cancer. The loss of such a remarkable woman, who just recently retired from Auburn Extension, demands that we concentrate our efforts towards earlier diagnosis.

We Steel Magnolias have already seen what a tremendous impact for good comes when we galvanize our efforts toward a common goal. In order to make the greatest impact for good, it is essential that we keep our eyes and efforts trained on a focal point. In 2005, Marti did a great deal of research into available services for uninsured women. Because of the efforts of Steel Magnolias, we are beginning to attract the attention of organizations capable of helping make a real contribution to the availability of mammograms, sonograms, treatments and medications for women who are in danger of falling through the cracks.

We Steel Magnolias have a great time together. We also have a serious mission. After we've gotten in the trenches and have seen the results of our ministry, our celebrations are that much more fun.

Dana Reeve....1961-2006

The morning of Tuesday, March 7, as I was pouring our morning coffee, I heard the news that 44 year old, Dana Reeve had lost her battle with lung cancer. Dana Reeve, for most of her marriage, was the devoted caretaker to her paralyzed husband, Christopher Reeve. In his memory, Dana established the Christopher Reeve Paralysis Foundation, dedicated to finding better treatments for spinal cord injury. In memory of this remarkable woman, in memory of Mazie Wilson and in honor of all women whose lives are characterized by service, "Here's To The Woman."

Here's To The Woman

Who knows where she is going and will keep on until she gets there;
Who knows not only what she wants from life but what she has to offer in return.

Here's To The Woman

Who is loyal to family and friends, who expects no more from others than she is willing to give;
The woman who is confident in her beliefs and yet willing to listen to what others have to say.

Here's To The Woman

Who guides and inspires not by quoting other's philosophies but by living her own good example;
Who accepts both victories and disappointments with the same grace;
And who can rise above life's challenges and move on.

Here's To The Woman

Who gives the gift of her thoughtfulness, who shows her caring with a word of support,
Her understanding with a smile; a woman who brings joy to others.

Wherefore, seeing we are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin that so easily besets us and let us run with patience the race that is set before us. Hebrews 12:1

I can do all things through Christ which strengthens me. Philippians 4:13

Project Hope

Project Hope was a luncheon, catered by Classic on Noble. It was also an opportunity for organizations to let the public know more about what services are available in our community. The keynote speaker was, Atlanta based, American Cancer Society, PHD, Ms. Donella Wilson. Ms. Wilson was expected to speak about the latest in treatment for the five most diagnosed cancers in Calhoun and surrounding counties. The event sponsored by RMC Memorial Foundation, RMC, Medical Alliance, and the American Cancer Society, was a really great information fair and luncheon. Frankly, there was disappointment with the American Cancer Society presentation. We really heard little about what was advertised.

Ms. Wilson's presentation traced the American Cancer Society research program since 1946. The most current breast cancer drug mentioned was Tamoxifen. Almost all breast cancer patients know that the aromatase inhibitors, Arimidex and Femera, drugs that prevent the production of estrogen, are now preferred over Tamoxifen, whose function is to block estrogen from the cells of the body. We also heard nothing about Herceptin. Herceptin is given to patients who test positive for the HER2/neu gene, and is considered a real break through in the prevention of recurrence. We really can't comment on skin, colon, prostate or lung cancer.

Ms. Wilson confirmed our belief, that Steel Magnolias is concentrating our efforts in the best possible place. She must have repeated the need for early detection a dozen times, followed by "Have I said it 10 times yet?" In spite of all the advances in the treatment of cancer, our best hope of beating cancer is still early diagnosis.

Last year the local organizations, RMC Memorial Foundation, RMC and Medical Alliance sponsored "Project Heart." We salute them for these wonderful educational luncheons; they host to inform the community about new treatments for some of society's most feared diseases.

Steel Magnolias Meeting

The regular meeting of the Steel Magnolias Breast Cancer Support Group, Inc., was held on Tuesday February 28, 2006, 5:00 p.m., in the Tyler center Classroom #1. Pam Bussey, President, called the meeting to order. Debbie Lee Barno called the roll. New members are as follows, Gladys Denizard, Susanne Jones and Margaret Taylor.

Marti Warren passed out a prayer list that included the names of newly diagnosed patients who had received care packages from both the Tuesday Bear Huggers and the Steel Magnolias. The membership added, to this list, names of friends and family who needed prayer. Marti led the group in prayer.

Marti displayed a beautiful stained glass Pink Ribbon Sun-catcher, made by her granddaughter. She said the ribbons would be available on a special order basis to the group for \$30. She also announced the need for more contributions of old costume jewelry. Call Marti @ (256) 237-0206 or deliver to 710 E. 22nd. St., Anniston, AL 36207

A special visitor, Susanne Jones spoke to the group about the importance of therapeutic massage. Susanne has recently completed her training at Gadsden State Community College, Ayers Campus. She is specializing in lymphatic drainage therapy. After Susanne receives certification, she is invited back to speak at length about removing lymph to a more active area of the body. It is Susanne's plan to work with two other ladies, Gudrun Vandyke, ND, consultant in Herbs and Homeopathics and member of Natural Food Co-op and Didi, from Friend's Natural Food Products.

Secretary, Debbie Lee Barno, read the minutes. They were accepted as read.

Old Business: Our web-site is still under construction. Swinging stars are still considering us for donation.

New Business: Sign up sheets for volunteers were passed for two health fairs. Quintard Mall Health fair is Saturday, March 11, 10:00 a.m.-4:30 p.m.. St. Michaels Health fair is Friday, March 17, 9:00 a.m.-2:00 a.m.

Marti Warren asked for a volunteer to attend the Hidden Resources meeting that is held the 1st Tuesday of each month at the United Way office.

Marti Warren, Steel Magnolias' Chaplain, asked that anyone needing to be placed on the prayer list to call her @ (256) 237-0206. They will be placed on the prayer tree and will be sent a card.

There was no Treasurer's Report: Treasurer was out of town. (Note) The February Treasurer's Report is as follows:

	Balance Brought Forward	3,682.18
Paid out		
1-31 (-) (130) Lenora Johnson- (Jan. monthly expenses \$100) (Advertising easels \$30)		3,552.18
2-06 (-) (150) Cashiers check to Shahinian Ins. IVCS (Mall Insurance)		3,402.18
2-06 (-) (200) RMC Foundation (for 40....\$5.00 Dining Vouchers .)		3,202.18
2-06 (-) (50) Stringfellow Hosp. (for 10.....\$5.00 Dining Vouchers)		3,152.18
2-06 (-) (25) Jacksonville Medical Center (for 5....\$5.00 Dining Vouchers		3,127.18
2-21 (+) (60) Deposit for Project Hope Luncheon		3,187.18
2-21 (-) (60) RMC Foundation (for Project Hope Luncheon)		3,127.18
2-21 (-) (18) Postmaster (Stamps for Jo Ann Taylor)		3,109.18
2-23 (-) (167.40) Advanced Printing (Business Cards-Bookmarks-Brochures-Note Pads-Posters)		2,941.78
2-27 (-) (100) Lenora Johnson (February Monthly Expenses)		2,841.78
2-22 (-) (89.75) Check Charge (Came in on Bank statement)		2,752.03

Treasurers Report was submitted by Treasurer, Nancy Burnell

There being no further business, meeting was adjourned.

Members enjoyed refreshments, especially the Chili brought by Lenora Johnson and cookies brought by Lisa Haugen. Thank you Lisa for taking the time to bake cookies for Steel Magnolias.

Quintard Mall Health Fair

Steel Magnolias, Gail Tuck, Eleanor Henderson, Gladys Denizard and Marti Warren, were first to man the Steel Magnolias table at Quintard Mall. They arrived at 9 a.m. and were all set when the mall opened its doors to the public.

When Prentiss and I arrived at 12:00 noon, they had already talked with a good many survivors. Names and addresses had been recorded and Marti made contact with people who needed to be on our prayer list.

Linda Morris soon arrived and we talked with several new contacts and were visited again by some who, earlier in the day, had placed their names on the mailing list.

At 2:00 p.m., Gloria Woosley, Janet Reese and Pam Bussey took the last two hours at the Steel Magnolias table.

We were very disappointed when we received notice that the 10th annual Family Affair was to be the last. We salute Quintard Mall for stepping to the plate and sponsoring a community wide resources day. There was information from every conceivable outreach agency. There was also a variety of health screenings. Thank you Erin Woodruff and Quintard Mall!

We Are Here For You

Recently, I have been told by several people, who don't think they are ready for a support meeting, that they needed to know if they could just call. Steel Magnolias is a group of survivors who are ready and willing to talk with anyone, even if you never come to a meeting. Please call, Chaplain, Marti Warren @ (256) 237-0206. Your privacy will be respected. We, at your request can place you on our prayer list. But only upon your request.

It is true that we encourage anyone, who wishes to see their struggle with breast cancer count for good, to attend our meetings, each 4th Tuesday evening, 5:00 p.m., at the Tyler Center. By helping to relieve the suffering of others, we empower ourselves. For those who need someone, just someone to talk with, please feel free to call, we are here for you.

Not Always What it Seems

Every time we listen to the morning news, there seems to be an improvement, a new upgrade, or an entirely new electronic product on the market. We have become so dependent on technology, faster ways to communicate, as well as smaller devices that can deliver all day long, sounds that we want to hear, we have almost woven ourselves into an artificial world. Pokey Warren e-mailed thought provoking documents to me, and now I share with you.

Rich or Poor

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

As they returned from their trip, the father asked his son, "How was the trip?" "It was great, dad." "Did you see how poor people live?" the father asked. "Oh yeah," said the son. "So, tell me, what did you learn from the trip?" asked the father. The son answered, "I saw that I have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them."

The father was speechless. Then the son added, "Thanks, Dad, for showing me how poor we are. "Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

Appreciate every single thing you have, especially your friends! Life is too short and friends are too few.

Sand and Stone

A story tells that two friends were walking through the desert. During some point in the journey they had an argument, and one friend slapped the other in the face. The one that got slapped was hurt, but without saying anything, wrote in the sand: **TODAY MY BEST FRIEND SLAPPED ME IN THE FACE.** They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him. After he recovered from the near drowning, he wrote on a stone: **TODAY MY BEST FRIEND SAVED MY LIFE.** The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in sand and now, you write in a stone. Why?" The other friend replied, "When someone hurts us, we should write it down in sand where the winds of forgiveness can erase it away. But when someone does something good for us, we must engrave it in stone where no wind can ever erase it." **LEARN TO WRITE YOUR HURTS IN THE SAND AND TO CARVE YOUR BENEFITS IN STONE.**

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them.

Several Steel Magnolias have been under the weather. Please call Marti Warren, so that she can place you on the prayer tree. We won't know that you need support and prayers if you don't tell someone in the group. If someone receives a call, please pass it on to Marti so that we can all pray and reach out to our Magnolia sister.

Thank You!

Thank you, Donna Feazell, (Avon in the Quintard Mall) for 25 travel cosmetic bags.

Thank you, Vickie Simmons for, "What Cancer Cannot Do" cards & clip easels, from Project Hope Luncheon.

Please Remember

Saturday, April 15, Quintard Mall, 9 a.m.-5 p.m., Annual Spring Steel Magnolias Bake and Antique Jewelry Sale.

If you wish to pre-order a cake or pie, call:

Lenora Johnson, (256) 447-9822

We still need contributions of old costume jewelry

Call Marti @ (256) 237-0206

Or carry to 710 E 22nd St. Anniston

Or Pam at the Wound Healing Center, Tyler Center, Anniston

If you wish to be a volunteer for this event, please call:

Pam Bussey, President @ (256) 831-4649

Mark your Calendars

Friday, March 24...12 noon-1:00 p.m. Steel Magnolia interview
The Edge.....Channel 24, Cable 9

Tuesday, March 28...Steel Magnolias Meeting, 5:00 p.m.
Tyler Center, Classroom #1. Concerning Refreshments.
Everyone bring favorite sandwich, chip, fruit, salad or dessert

Saturday, April 15....Steel Magnolias Bake & Jewelry Sale
Quintard Mall, 9 a.m.-5 p.m.

Special Orders: Call (256) 447-9822....To volunteer: Call (256) 835-5380

Tuesday, April 25...Steel Magnolias Meeting, 5:00 p.m.
Tyler Center, Classroom #1

Special speaker: Physical Therapist, Jerry Klug
Description of & treatment of scar tissue that is aftermath of chest surgery

For more Information call Lenora @ (256) 447-9822

Jo Ann, Here Goes

SUPERBOWL

A guy named Bob receives a free ticket to the Super Bowl from his company. Unfortunately, when Bob arrives at the stadium he realizes the seat is in the last row in the corner of the stadium. He's closer to the Goodyear blimp than the field. About halfway through the first quarter, Bob notices an empty seat 10 rows off the field, right on the 50 yard line. He decides to take a chance and makes his way through the stadium and around the security guards to the empty seat. As he sits down, he asks the gentleman sitting next to him, "Excuse me, is anyone sitting here?" The man says no. Now, very excited to be in such a great seat for the game, Bob again inquires of the man next to him, "This is incredible! Who in their right mind would have a seat like this at the Super bowl and not use it?" The man replies, "Well, actually, the seat belongs to me, I was supposed to come with my wife, but she passed away. This is the first Super Bowl we haven't been together at since we got married in 1967. "Well, that's really sad," says Bob, "But still couldn't you find someone to take the seat? A relative or close friend?" "No," the man replies, "They're all at the funeral."

When a Woman Wears Leather

When a woman wears leather clothing,.....A man's heart beats quicker, his throat gets dry, he goes weak in the knees, and he begins to think irrationally. Ever wonder why? Because she smells like a new truck.

Tall Texan

A man from Texas, driving a Volkswagen Beetle, pulls up next to a guy in a Rolls Royce at a stop sign. Their windows are open and he yells at the guy in the Rolls, "Hey, you got a telephone in that Rolls?" The guy in the Rolls says, "Yes, of course I do." I got one too...see?" the Texan says. "Uh, huh, yes, that's very nice." "You got a fax machine?" asks the Texan. "Why, actually, yes I do." "I do too! See, it's right here!" brags the Texan. The light is about to turn green and the guy in the Volkswagen says, "So, do you have a double bed in back there?" The guy in the Rolls replies, "NO! Do you?" "Yep, got my double bed right in back here," the Texan replies. The light turns and the man in the Volkswagen takes off. Well, the guy in the Rolls is not about to be one-upped, so he immediately goes to a customizing shop and orders them to put a double bed in back of his car. About two weeks later, the job is finally done. He picks up his car and drives all over town looking for the Volkswagen beetle with the Texas plates. Finally, he finds it parked alongside the road, so he pulls his Rolls up next to it. The windows on the Volkswagen are all fogged up and he feels somewhat awkward about it, but he gets out of his newly modified Rolls and taps on the foggy window of the Volkswagen. The man in the Volkswagen finally opens the window a crack & peeks out. The guy with the Rolls says, "Hey remember me?" "Yeah, yeah, I remember you," replies the Texan, "What's up?" "Check this out....I got a double bed in my Rolls now!!" The Texan exclaims, "YOU GOT ME OUT OF THE SHOWER TO TELL ME THAT!"

NOTHIN'.....

A census taker in a rural area went up to a Tennessee farmhouse and knocked. When a woman came to the door, he asked her how many children she had and their ages. She said, "Les' see, there's the twins, Sally and Billy, they're thirty two. And the twins, Seth and Beth, they're twenty six. And the twins, Penny and Jenny, they're twenty four....." "Hold on!" said the census taker, "Did you get twins EVERY time?" The woman answered, "Heck no, there was hundreds of times we didn't get nothin'."

Sometimes it Pays to be Old

An Elderly couple were celebrating their sixtieth anniversary. The couple had married as childhood sweethearts and had moved back to their old neighborhood after they retired. Holding hands, they walked back to their old school. It was not locked, so they entered, and found the old desk they'd shared, where Andy had carved, "I love you, Sally." On their way back home, a bag of money fell out of an armored car, practically landing on their feet. Sally quickly picked it up, but not sure what to do with it, they took it home. There they counted the money—fifty thousand dollars. Andy said, "We've got to give it back." Sally said, "Finders keepers." She put the money back in the bag and hid it in their attic. The next day, two FBI men were canvassing the neighborhood looking for the money, and knock on the door. "Pardon me, but did either of you find a bag that fell out of an armored car yesterday?" Sally said, "No." Andy said, "She's lying. She hid it in the attic." Sally said, "Don't believe him, he's getting senile." The agents turn to Andy and question him. One says, "Tell us the story from the beginning." Andy said, "Well, when Sally and I were walking home from school yesterday." The first FBI guy turns to his partner and says, "We're outta here."

