

Steel Magnolias

Breast Cancer Support Group, Inc.

Footprints and Anchors

January 16, 2012

In Remembrance

Before jumping into 2012, let's take a look at a few momentous events that are relevant to each of us:

Nov. 11: German signing of the Armistice that ended World War I. **Armistice Day**, now known as **Veteran's Day**, was proclaimed on November 11, 1919 by President Woodrow Wilson, and now honors all veterans for their sacrifice.

Thanksgiving: was first celebrated by the Pilgrims to give thanks to God for guiding them safely to the New World. **Thanksgiving Day** has been celebrated as a holiday, since 1863, when during the Civil War, President Abraham Lincoln proclaimed a national day of **Thanksgiving**. Now celebrated the fourth Thursday of November.

Attack on Pearl Harbor: December 7, 1941, the base was attacked by 353 Japanese fighters, bombers and torpedo planes in two waves, launched from six aircraft carriers. All eight U.S. Navy Battleships were damaged, with

four being sunk and 188 aircraft were destroyed. 1,282 Americans were wounded and 2,402 Americans were killed. The attack came as a profound shock to the American people and led directly to the American entry into World War II.

Christmas: Many customs associated with Christmas have pre-Christian or secular themes and origins. However, for the Christian, Christmas is a celebration of the incarnation of God the Son, born to the virgin Mary and given the name Jesus.

I encourage history fanciers to research significant historical events during the months of November and December.

As cancer survivors, we have Footprints and Anchors placed in our lives, many the result of loss and suffering. There would be no groups like Steel Magnolias if there were no survivors who had endured the fearful diagnosis of cancer and walked, sometimes crawled through the rigors of

surgery, chemo and radiation treatments.

Because of my experiences with the trauma associated with a diagnosis of cancer, physically, mentally and emotionally, and my observations of other newly diagnosed patients; I know that timing and disease staging is of utmost importance. I also know that knowing about a journey with cancer cannot be equated with making the journey.

Seasons of Life

Oh, Life! So full, so rich,
so sweet
From which there is but
one retreat.

So like the seasons of
the year;

You bring laughter,
sadness, joy and fear.
Lenora Washington Johnson

There is a truth understood by almost everyone: **Life's experiences, good or bad, are meant to be our teachers.** As I began to think about how to welcome 2012, I knew it had to be with confidence that Steel Magnolias is an organization whose foundation is firm, whose motives are pure and whose cause is just.



Sharing love through support

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Prentiss delights in telling everyone, "Lenora did not come equipped with a reverse gear." This is true of Steel Magnolias and Men of Steel. Because of the unsure nature of the disease, cancer survivors, patients in remission, live with the knowledge

that their good health could be interrupted; placing their life and the lives of those they love in reverse. Therefore we must provide hope and comfort through consistent support.

These thoughts reminded me of a small poster that I kept on our refrigerator. The message was meant to remind our three sons that attitude is the beginning, either of success or the beginning of failure.

Winners and Losers

The loser is controlled by obstacles;	The loser is a pessimistic part of the problem.
The winner is excited by challenges.	The winner is a dynamic part of the answer.
The loser is fearful of failure;	The loser resists change;
The winner is confident of victory.	The winner dares to be different.
The loser magnifies misfortunes;	The loser has a convenient excuse;
The winner creates opportunities.	The winner has a compelling purpose.
The loser worships conformity;	The loser expects the worst;
The winner expresses originality.	The winner expects the best.

Charles R. Swindoll, in his commentary on II Cor. 1: 2-3, wrote:

Our Father is preparing us to meet the deep inner needs of others by bringing us through the dark places first.

Like Jeremiah we have learned:

For I know the plans I have for you,” declares the Lord, “Plans to prosper you and not to harm you, plans to give you hope and a future.
Jeremiah 29:11

Life Application Bible “We’re all encouraged by a leader who stirs us to move ahead, someone who believes we can do the task He has given and who will be with us all the way. God is that kind of leader. He knows the future, and his plans for us are good and full of hope. As long as God, who knows the future, provides our agenda and goes with us as we fulfill his mission, we can have boundless hope. This does not mean that we will be spared pain, suffering or hardship, but that God will see us through to a glorious conclusion.”

David J. Pollay in Anniston



		Football Coach, Eddie Bullock with David Pollay
Lisa Howard, Track Coach	Margaret Taylor Steel Magnolias	
Dr. Jinadu, Principal Anniston High		

Thursday, November 17, 1:00 pm, Margaret Taylor accompanied author David Pollay to Anniston High School. The coaches and Dr. Jinadu had assembled the Anniston Bulldogs, and David Pollay led the PEP RALLY in the “No Garbage Trucks! Pledge.” A great time was enjoyed by students, Margaret, Mr. Pollay and Anniston High faculty.

Regional Medical Center/Steel Magnolias, Inc.

Celebrate Life

103 people gathered at Classic on Noble, the evening of Thursday, November 17, 2011 for the much anticipated event, CELEBRATE LIFE, sponsored by Steel Magnolias, Inc. and Regional Medical Center. Following a reception at 6:00 pm, Chaplain Sherry Grinstead gave thanks for our wonderful dinner.



Our program began with Dr. Dave Roberts singing "Priceless Gift To Me," written by Faye Roberts. Lenora Johnson then gave tribute to RMC, local businesses, faith based contributors and faithful partners who support and participate in the work of Steel Magnolias. Gifts were presented by members of Steel Magnolias. Before David Pollay made his rousing presentation, Dr. Dave Roberts sang, "I Hope You Dance."

David Pollay, author of *The Law of the Garbage Truck*, well known blogger and motivational speaker, captivated everyone in attendance. Mr. Pollay closed his rousing presentation with a brief video of him leading groups in other nations, as they took the NO GARBAGE TRUCKS! PLEDGE. He then led all of us in the pledge.



David Pollay presented Steel Magnolias with the Law of The Garbage Truck Award, which read, "Steel Magnolias accomplishes its mission without accepting or dumping garbage. They look for the best in people, and expect the best of themselves. Steel Magnolias makes the world a more beautiful place by the work they do. Steel Magnolias follows The Law of the Garbage Truck. Steel Magnolias operates in a NO GARBAGE TRUCK ZONE. Thank you, Steel Magnolias for what you do."

**by David Pollay
Awarded on June 7, 2009.**



Steel Magnolias then presented Mr. Pollay the Steel Magnolias Gold Coin Award, honoring him for his mission to make our schools and our workplaces happier, more civil places.

Many people bought copies of *The Law of the Garbage Truck*, signed in a personal way by Mr. Pollay.



Everyone attending Celebrate Life, received a CD from Linda Medley in memory of her late husband, Phil. Phil Medley was an accomplished pianist. Thank you Linda.

Winners of the book drawing were: Ted Embry and Lorene Turner.

The Steel Magnolias Group is deeply honored that Mr. Pollay chose to write about our work with the 2009 Alabama Legislature, naming us “A worthy organization.” We know that as a group and as individuals we have become more sensitive to identifying situations and encounters we cannot change and those over which we have no control. We are a NO Garbage Trucks Zone! We will not accept garbage—we refuse becoming garbage trucks ourselves. **THANK YOU DAVID!!**



Friday, November 18, Several Steel Magnolias met with RMC staff and Mr. Pollay for a photo-op.

Pictured at top left, in the Steel Magnolias office is: Joyce Gulden, Marti Warren, Marti Rogers, Prentiss Johnson, David McCormack, Kenny Gulden, David Pollay, Lenora Johnson and Margaret Taylor. Pinks Boutique can be seen in the background.

Pictured at left: Joe Weaver, Marti Warren, Chaplain Wilson, Margaret Taylor, David Pollay, Joyce Gulden, Lenora Johnson, Kenny Gulden.....In back: Silvia Ramsey, Marti Rogers, Prentiss Johnson, David McCormack.

Learn more about David Pollay’s important work and *The Law of the Garbage Truck* by logging onto <www.davidpollay.com>

Dynamic Leadership

Regional Medical Center and UAB Hospital now working together for unparalleled cancer care.



CEO McCormack,

Steel Magnolias members bought 25 tickets to the December 14, luncheon that was the kickoff of the affiliation of Regional Medical Center with UAB Cancer Care Network.

David McCormack talked about the value of having RMC become an affiliate of the cutting edge research programs that are ongoing at UAB. Mr. McCormack said, “We are very excited to expand the excellent cancer care offered at RMC to the patients of Calhoun and surrounding counties. To be chosen to join the UAB Cancer Care Network is a testament to the level of care we provide.”



Dr. Prestridge



Dr. Trupp

Dr. Jefferson Trupp, Radiation Oncologist, Chairman and Medical Director of RMC’s Radiation Oncology Center, introduced Dr. Partridge.

Dr. Edward E. Partridge, Director of the UAB Comprehensive Cancer Care Center was keynote speaker. Dr. Partridge stunned everyone when he said, “Seventy percent of cancer deaths today are preventable by what we already know.” He named three things: “Reduction in smoking and suggested, 1> creation of a clean indoor air act and raising tobacco taxes could lower cancer rates in Alabama. 2> Obesity is a major problem! 68.2 percent of Alabama adults are overweight. 30 to 35 % of cancers today are

linked to obesity. 3> Women must get screened for breast and cervical cancer. 42 % of insured women in the USA do not get regular mammograms despite 30 years’ worth of evidence showing early detection prevents cancer deaths.”

Listening to these statistics, I couldn't help thinking of the homespun wisdom of a dear friend's mother, "Some things are like having a baby, cain't nobody do it but you!" Many times it is impossible for any doctor or any hospital to save the life of a person who has spent years neglecting recommended screening for disease, spent years abusing their bodies with tobacco or developed cancer, heart disease or diabetes because of excessive fat and sugar in their diet. It is past time that we love ourselves, and our families enough to limit fats and sweets and stop the use of tobacco. Every report I've heard recently concerning cancer, admonishes that everyone get daily exercise. Beginning at age 50, a colonoscopy is recommended for everyone. Too many people get screened only after being diagnosed with late stage colon cancer.

The Alabama Public Health Department currently has funding through the CDC, The Susan G. Komen for The Cure, NC AL Affiliate, Joy To Life Foundation and the National Breast Cancer Foundation to provide free mammograms for uninsured women 40 - 64. Legislation that became law in 2009, declares that uninsured breast and cervical cancer patients who qualify financially, cannot be denied enrollment in the Medicaid Breast and Cervical Cancer Treatment Act, regardless of who diagnosed them. **To see if you qualify for screening at the AL Public Health Dept., call (334) 252-3324. To check eligibility for enrollment in Medicaid Breast and Cervical Cancer Treatment Act # 2009-320 call (334) 206-6227**

Christmas Breakfast at Classic on Noble A Photo Report





**Steel Magnolias
wishes for everyone a
Blessed 2012!**

**To everyone who has
contributed to our
work, whether in
money, products, en-
couragement or
deeds..... We sincerely
thank you.
Together we make the
world a more
beautiful place.
We love you!!!!
Steel Magnolias**

Steel Magnolias November Meeting

The Steel Magnolias Breast Cancer Support Group, Inc. met on Tuesday, November 15, 2011 in the 4th floor board room of the Physicians Center. Because of the season, Chaplain Sherry Grinstead's devotional emphasized Thanksgiving and how we should give thanks everyday. Following the devotional, Sherry prayed for each person on our prayer list and gave thanks for our food. Steel Magnolias and Men of Steel enjoyed sandwiches provided by RMC and a variety of salads, chip & dip and desserts provided by Steel Magnolias.

Minutes were read and approved with one correction..... Instead of ticket sales, Christmas Breakfast will be courtesy of Steel Magnolias. The financial report was presented and approved.

Lenora Johnson announced that there would be a photo-op with David Pollay Friday, November 18, 3:00 pm in the 3rd floor main lobby. Everyone is encouraged to attend.

Everyone was reminded to bring a gift wrapped Christmas tree ornament to the Dec. 3 Christmas Breakfast, 10:00 am at Classic on Noble.

Lenora encouraged everyone to attend the December 14 RMC/UAB Cancer Affiliation luncheon. Tickets are \$10. Dr. Partridge, Director of the UAB Comprehensive Cancer Center will be the speaker. The event is being catered by Classic on Noble and will be at the Anniston City Meeting Center. A total of 25 tickets were purchased. Three tables will be reserved for Steel Magnolias.

Jimmy Taylor encouraged anyone who wishes to help with preparations for the upcoming Lea Fite Memorial Golf Tournament to attend the first meeting on November 21, 6:00 pm at Betty's BBQ.

Margaret Taylor gave a report on the School Girl Awareness Program and asked for volunteers to help with this program in the coming year.

There being no further business, meeting was adjourned.
Respectfully submitted, Margaret Taylor, Secretary

November Financial Report

Nov.	Balance Brought Forward	\$ 9,269.15
01 (+) 1,076.70	Banquet Tickets, J'ville High Pep Rally, Honor of Nancy Burnell	10,345.85
08 (-) 197.58	The Victoria Inn (Two nights for David Pollay)	10,148.05
16 (-) 75.00	Sound Solutions (PA system for Celebrate Life)	10,073.05
10 (-) 145.00	Pokey's Photography (Celebrate Life Appreciation Gifts)	9,928.05
10 (-) 26.00	Kyuka Waters (Anniston Oncology 19.50, 4th Floor Outpatient Chemo 6.50)	9,902.05

15 (+) 1,669.00	Celebrate Life Tickets and Contribution	11,571.05
15 (-) 226.14	Margaret Taylor, Reimburse (Sam's Club-Chemo patient's snacks)	11,344.91
17 (-) 1,030.00	Classic on Noble (Celebrate Life Dinner)	10,314.91
21 (+) 549.00	Contribution and Celebrate Life Tickets	10,863.91
28 (-) 250.00	Regional Medical Center (25 Tickets for RMC/UAB Dec. 14 Luncheon)	10,613.91
29 (+) 935.00	Glass' Fundraiser, RAJ & Dec. 14 Tickets	11,489.91
30 (-) 40.00	Pokey's Photography (Matted Prints)	11,349.91

December Financial Report

Dec.	Balance Brought Forward	\$ 11,349.91
01 (-) \$100.00	Lenora Johnson (Monthly Expense)	11,249.91
03 (-) 66.00	Pokey's Photography (Christmas Party Favors)	11,183.91
03 (-) 715.00	Classic on Noble (Christmas Breakfast Buffet)	10,468.91
06 (-) 66.00	The Anniston Star (Celebrate Life Advertisement)	10,402.91
06 (-) 6.50	Kyuka Waters (Anniston Oncology)	10,396.41
08 (-) 30.00	Pokey's Photography (Matted Prints)	10,366.41
13 (-) 44.00	Postmaster (100 stamps)	10,322.41
13 (-) 534.94	Advanced Printing (1000 ink pens, Celebrate Life banner & 10 posters)	9,787.47
13 (-) 15.00	Pokey's Photography (Matted Prints)	9,772.47
14 (-) 329.40	Advanced Printing (1200 Bookmarkers, 500 Brochures)	9,443.07
15 (-) 300.00	David Pollay (Balance from Celebrate Life)	9,143.07
29 (+) 739.00	Mamas & Papa's Contribution & Personal Contribution & Sale of Prints	9,882.07

Correspondence

Dear Lenora, I am so excited about our possibility of coming to this special dinner. On that day, the 17th, my sister will begin her rounds of tests for her treatment. This has been an 11 year journey for her. Steel Magnolias means much to many people. It touches people in such a way no other can reach. Thanks for what you do. Nora....Oxford, AL

Thank you so very much for the wonderful care package you sent after my recent surgery. You are so thoughtful and caring to be supportive of me—even though we do not know each other. It is comforting to know I am not alone in this journey. Heather.....Birmingham, AL

We enjoy working on such a worthwhile Benefit like this one. Hope we helped a little. Thank you so much for the work you do. Chuck & Ramon (Flame)....Chili Cook-off at Glass' Cocktails and Grill, Danville, AL

Thank you for all the great work that you do helping, supporting and educating breast cancer survivors and those who are currently battling breast cancer. Dennis....Anniston Runners Club....Anniston, AL
(Note—Mamas & Papas, Thank YOU!)

Merry Christmas, Ms. Lenora, What a year, right? If we saw world changes this year, we better look out for 2012. It will be interesting to see what not only God will be doing, but what are the people going to try and do. All I know, is, as I get older, and the time continues on, it is truly a walk of faith, and not by sight. My prayer for you, your husband, children and grandchildren and your family at Steel Magnolias (both men and women), is that all of you have a very merry Christmas and a Happy and Prosperous New Year. Thank you for being such a great friend, and family member in our Lord Jesus Christ. Take care and keep on keeping on! Love to all, Ted Nail....Louisiana Tech

Dear Lenora, We enjoyed being part of Celebrate Life, on Nov. 17, so very much! We are so glad we went. Both Mel and I feel really strong about our commitment to helping others. Meeting David Pollay was such a privilege, and his presentation....What a powerful message he gave! We haven't stopped talking about it since we got home. Love and Hugs, Gerri.....Borden Springs, AL

Mark Your Calendar

Tuesday, January 24, 2012: Steel Magnolias & Men of Steel meet in the 4th Floor Board Room, Suite 403 of the RMC Physicians Center, 5:00 pm. RMC is providing Potato Bar. Steel Magnolias bring SALAD, FRUIT or LIGHT DESSERT

Monday, February 20, 2012: Stuff Envelopes to mail newsletter—Suite 406 of Physicians Center, 12:30 pm

Tuesday, February 28, 2012: Steel Magnolias & Men of Steel meet in the 4th Floor Board Room, Suite 403, 5:00 pm. RMC is providing a Fruit and Cheese Tray..... Keither & Lenora the Chili. Others bring CRACKERS or CHIPS, SALAD or LIGHT DESSERT

Steel Magnolias Needs Your Help

April 7: Bake & Jewelry Sale: Please contribute your unwanted costume jewelry....Buy Easter goodies from Steel Magnolias at Quintard Mall.

April 21: Lea Fite Memorial Golf Tournament, Pine Hill Country Club. Plan now to participate with hole sponsorship or PLAY GOLF!

July 19-20: Dining Voucher Bazaar: Please contribute any items of value....new or gently used, including jewelry.

Joggin' Inside

Educated Fish

A redneck with a bucket full of live fish was approached recently by a game warden as he was walking away from a favorite lake. The game warden asked the man, "May I see your fishing license, please?" "Naw, sir," replied the redneck. "I don't need none of them there papers. These here are my pet fish." "Pet fish?" "Yep. Once a week, I bring these here fish o'mine down to the lake and let 'em swim 'round for a little while. Then when I whistle real loud, they swim right back into my net, I put 'em in da bucket and I take 'em home." "What a line of baloney,.....you're under arrest." The redneck said, "It's the truth, Mr. Gov'ment Man. Here, let me show ya! We do this all the time!!" "We do, now do we?" smirked the warden. "PROVE it!" The redneck released the fish into the lake and stood and just waited. After a few minutes, the warden said, "Well?" "Well whut?" said the redneck. The warden asked, "When are you going to call them back?" "Call who back?" "The FISH!!" replied the warden. "Whut fish??" asked the redneck.

Courtesy of Pokey.....Anniston, AL

Penguins

Did you ever wonder why there are no dead penguins on the ice in Antarctica—where do they go? Wonder no more!!! It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintaining a form of compassionate contact with its offspring throughout its life. If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into and buried. The male penguins then gather in a circle around the fresh grave and sing: "Freeze a jolly good fellow" "Freeze a jolly good fellow." Then they kick him in the ice hole..... You really didn't believe that I know anything about penguins, did you? However, somebody did spin a GREAT STORY!!!!

Courtesy of Pokey.....Anniston, AL

Yearly Exam

A woman goes to the doctor for her yearly physical. Asked the basic items: "How much do you weigh?" "115," she says. The nurse puts her on the scale. It turns out to be 140. The nurse asks "What is your height?" "5 foot 8 inches," she says. The nurse checks and sees that she only measures 5 ft. 5 inches. She takes her blood pressure and tells the woman it is very high. "Of course it's high!!" she screams, "When I came in here, I was tall and slender! Now I'm short and fat!"

Courtesy of Pokey.....Anniston, AL

Flour and Water

How come when you mix water and flour together you get glue?....and then you add eggs and sugar.....and you get cake. Where did the glue go? You know darned well where it went! That's what makes the cake Stick to your BUTT.

Courtesy of Pokey.....Anniston, AL

Dear Abby:

"I have always wanted to have my family history traced, but I can't afford a lot of money to do it. Any suggestions?" Sam in California. Dear Sam: "Register to run for political office." Abby. Courtesy of Pokey....Anniston, AL

Ten Commandments

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "Honor thy father and mother," she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat, one little boy answered, "Thou shall not kill."

Courtesy of Pokey.....Anniston, AL

Quotable Quote

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul——Samuel Ullman