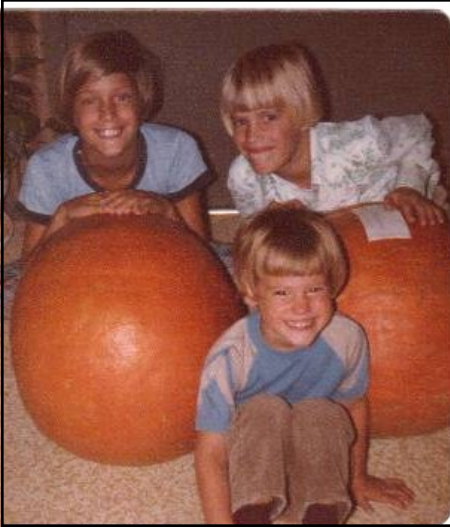


Steel Magnolias

Breast Cancer Support Group, Inc.

Harvest Time

November 14, 2011



**Our Three Sons—1980
Van, Bill and Greg, with
pumpkins harvested from their
Grandma and Grandpa
Washington's Fall garden.**

Having been reared by a mom and dad whose life's work was farming, this scripture holds great meaning for me. I have always thought this scripture had application to each person, in a spiritual sense, on the farm and in the lives of parents, rearing their children.

I grew up in what was then the watermelon capital of the world, Collier County, Florida. My dad was an independent watermelon farmer. Several years ago, my siblings and I wrote poetry in celebration of our Sibling Reunion. It pleases me to share my heart with you:

Brother and Sisters Three

Frozen in time are the memories
Shared by a brother and sisters three;
The thread that compels our hearts
To revisit who we are and ever will be.

Children of the black rich earth

That nourishes the palmetto and guava tree.

Parents who toiled and scraped a living
Out of the land of orchids and cypress knees.

Scattered like seed sown, as life's scheme
Had planned, for a brother and sisters three.
We gather in this adventurous, magical place;
Devoted to moments and memories and dreams.

Lenora Washington Johnson
Hannibal, Missouri – June, 2006



Sharing love through support

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Our Three Sons

Our eldest son, Van was born in 1969, Bill in 1972, and then Greg was born in 1976. Prentiss and I considered rearing children, life's most important work. We both understood that the children we leave behind would be our legacy.

Making Things Grow
*"The Lord has assigned to each his task. I planted the seed, Apollos watered it, but God made it grow. So neither he who plants nor he who waters is anything, but only God, who makes things grow. The man who plants and the man who waters have one purpose, and each will be rewarded according to his own labor. For we are God's fellow workers, you are God's field, God's building.
I Corinthians 3:5b-9*

All the flowers
Of all the tomorrows
Are in the seeds of today

Babies What Will You Be

I gaze into the faces of my babies; living in their worlds of tranquil fantasies.
Questions race through my mind; when you are men, what life will you find?

Will compassion guide your adult life?
Will you seek to help with pain, and disappointment and strife?
Perhaps a minister you will be, seeking to set the jailed heart free.

Maybe justice will your guide be, a life of law and national decree.
Standing tall, truth and honor are your effigy.
Perhaps a lawyer you will be.

Will my son wear a white lab coat?
Respected by all of medical note;
Maybe a physician you will be; making sick bodies well and blind eyes see.

Instruction could be your special call, surrounded by students in some stately hall.
Training young minds in arts and science,
Educating youth from dependence to self reliance.

Maybe you will follow your father's leading,
With hammer and nail and blueprint reading.
Perhaps a contractor you will be, building the world for all to see.

Babies, I know not what will be your call;
Whether your dreams will grow or crumble and fall.
I know that vision and work and trust
Mixed with determined patience is a must.

My prayer for your lives to my God above
Is that you will know fulfillment and peace and love.
Let principle and honesty be your guide;
Lean heavy on faith, as life's work you decide.
Lenora Washington Johnson

Attention, Survivors! — Seed Planting and Reaping

Let us not become weary in doing good, we will reap a harvest if we do not give up. Galatians 6:9

By now, almost everyone knows the Steel Magnolias, Inc., story. However, I am shocked every few days that doctors and their staff, in local clinics, even some in the RMC family know very little about the work of Steel Magnolias and nothing about the law that opened the door for qualifying, uninsured breast and cervical cancer patients to be enrolled in the Medicaid Breast and Cervical Cancer Treatment Program. They still think patients have to go through the health department. Why? HB147, sponsored by the late Representative Lea Fite was passed by unanimous vote of the 2009 Alabama regular session, becoming Act # 2009-320. I implore Alabama physicians, whose job it is to diagnose and treat the weakest among us, please have your insurance staff to log onto www.steelmagnoliasinc.org to learn more about the passage of this life saving legislation. This program became law nationally in 1998, just as did the screening program that is available at the Alabama Public Health Department. Our legislators in Washington D.C. passed the program with

a loophole that some states, including Alabama chose to take advantage of. **For 8 years, before Gov. Riley signed HB147 into law, breast and cervical cancer patients were denied coverage, based only on whether they were diagnosed by their doctor, before being seen by a nurse practitioner at the health department.**

Certainly not the only accomplishment, however the passage of HB 147 is the most significant accomplishment of Steel Magnolias and the most beneficial to Alabama's uninsured woman. Steel Magnolias have encountered many negative attitudes as we have worked to provide support and comfort to women diagnosed with cancer. Discouragement is a powerful opponent and I came close, on two occasions to walking away from this work. God had other plans.

On the first occasion, just two days before making a planned resignation announcement, I received a check from MGMA to Steel Magnolias in the amount of \$500. The same day, a breast cancer patient left a gift on my front porch. I learned about it when I checked my Email. She wrote, **"The gift is on the porch by someone's tennis shoes, the angel's name is Hope. I am one year old today."** My plans changed! How do you walk away from \$500 and an angel named Hope?

The second occasion was several years later and brought about by a feeling that we were fighting a losing battle with apathy. God's reply this time came through a visiting minister. As I sat in Leatherwood Baptist Church, I became very alert when the minister said, "Do you find yourself or your organization between THE ROCK and a hard place?" **He went on to say, "Keep your head down, your mouth shut, and let God work!"** To our group, I said, "We have been called for a purpose and the race set before us is the woman caught like a deer in the headlights, wondering if she has a future. We are not to have peripheral vision. Pay no attention to the chaos on your right or left. We must keep our eyes on the newly diagnosed patient."

A short time later, I made contact with David Pollay, author of "The Law of The Garbage Truck." His message is simple enough for a child to understand and powerful enough to insulate against those who would derail us. Adherence to Mr. Pollay's "No Garbage Trucks! Pledge, shields us from negative messages with which we cripple ourselves. We don't accept garbage and we don't carry garbage to others!



Since adopting the visiting minister's advice and making the message of "The Law of the Garbage Truck, the official mantra of Steel Magnolias Breast Cancer Support Group, Inc., we don't react to influences that are designed to derail us. We all see our work on behalf of women hurt by cancer as too important!

CELEBRATE LIFE

Some tickets are still available for the November 17, "Celebrate Life," sponsored by Regional Medical Center and Steel Magnolias, Inc. Please call so we can be sure Classic on Noble will have a plate for you. Sincere thanks to every person who has worked to help make this special, fun, event possible!

Steel Magnolias deeply appreciates the support and partnership of the Chaplain's Office, RMC Administration, and the RMC Cancer

Registrar, as we work to provide comfort and support for cancer patients. Thank You!

The Steel Magnolias seed, with the help of Chaplain Jim Wilson was planted in 2001 by Lenora Johnson. Others watered and cared for the Steel Magnolias seed. As the founder of Steel Magnolias, I am so very thankful to report that Steel Magnolias, Inc. and Men of Steel are an army of survivors and supporters who are dedicated to the needs of women diagnosed with breast cancer and the families that love them.

Correspondence

On October 1st. We held an Appreciation Day for the National Street Rod Association, at Brice Thomas Radiator in Gadsden. We sold 50/50 tickets to raise money to donate to a local charity. Enclosed you will find a check for \$144.00

Thanks, Edwin Garnett.....Anniston, AL

(Note—Steel Magnolias deeply appreciate the generous contribution made by the local affiliate of NSRA.)

Well Ms. Lenora,

I am writing you today because I wanted you to know that last week, the Louisiana Center for the Blind went to northern Arkansas to go rock climbing. There were between forty and fifty blind students from the Center who went and all of us had an exciting time. We also went horse back riding, zip lining, hiking and my favorite was the spillio box. You may ask, "What is the spillio box?" Well it is a maze, and it is to give the person who enters it the feeling of being in a cave. I really liked it, and it got quite warm inside there. One of my instructors told me that she heard a lot of sounds coming out of the box, but not like anything of the sound I made. When I realized that I still had to go on, I would holler with frustration. I made it through, after being in there for about half-an-hour. I also had to wear my sleep shades while doing all of these things as well, and it was worth it. The last morning I went to the lodge for breakfast, and one of the workers asked me how I was doing? My reply was, "I feel like I have been drug behind a train, beat with a bat, ran over by a steam roller, and thrown off a high building, but other than that, I feel just great." The worker just laughed at me and mentioned, "As long as you feel good, that is all that counts." Kind of sounds like life now does it not? Keep up the good work and let everyone back home know that I am thinking of them, and am so proud of them. I am also getting some training on the radio and my DJ name is Zephyr, which means a gentle, mild breeze. I do not know if that fits my personality, but I like it, so I blow in when ever it is my turn. I wanted to go with Steel, but it was already taken. I must go for now, write when you can, and take care. All my love, Ted "The Blind Rapper" Nail.....Louisiana Tech.

Dear Lenora, Marti R. and all of the Steel Magnolias,

Just a note to thank all of you for the wonderful gifts. My Aunt Joan has told me how you make a real difference in her life. I thank you for that. You really know how to spoil a gal. The bags, heart pillow, bear, hats, drain bags, pen and pad, newsletters are very much appreciated. I'll wear your pin with pride. Could you put me on the Email list for your newsletter? Thanks! Affectionately, Bobbie Peraino (Joan Cleveland's niece).....Warren, MI

Dear Steel Magnolias,

We appreciate the special recognition at the "406" Housewarming. Thanks for your service to our community. Jim, Helen and the Chaplain Team

I want to THANK Margaret Taylor and Steel Magnolias for coming to Weaver High School. The students really enjoyed this program. I feel sure that they all learned a lot about breast cancer self examinations and the importance of being aware of changes to their body. Thank you again for all the hard work that is done to raise awareness of BREAST CANCER. Margaret Taylor ROCKS! Thank you, Bonnie Harris, WHS nurse.....GO BEARCATS!!

Press Release:

This year a new class has been added at Jacksonville High School. Each day between third and fourth period, students go to Eagle Empowerment. Eagle Empowerment is a time where students work on **POWER: Personal Growth.Observing and Respecting Others..Winning in Life..Excelling in School.....Reaching Goals.** Each week students will discuss a different theme. The week of October 24 to October 28, the theme was Healthy Habits. Eagle Empowerment teachers spent the week talking about healthy choices and raising awareness to breast cancer. Students at JHS brought pennies in everyday to raise money for the local group, Steel Magnolias. On Friday, the theme of the pep rally was "Pink Out Pleasant Valley." Faculty and students at Jacksonville High wore pink ribbons and shirts to the pep rally to honor those affected by breast cancer. Lenora Johnson, founder of the local group, Steel Magnolias, attended the pep rally to accept the \$376 raised by the student body. Submitted by Andrea Taylor....Jacksonville High School
(NOTE—How wonderful that Jacksonville High School is teaching students to work at making the world a better place.!! Accepting this contribution from students at JHS was a moment I'll always cherish!)

Please Accept this \$500 contribution in honor of: Lindsay Allen, Meredith Allen, Madison Roberts and Olivia Roberts, with hopes and prayers for a future where there is no such thing as breast cancer!

Dr. Dave and Faye Roberts.....Alexandria, AL

Thank you Ms. Margaret Taylor for all you do for our school. May God bless you always, Coach Howard and signed by 25 teachers and principal, Dr. Sherron Jinadu....Anniston High School

We had a presenter yesterday, Nov. 09, at Ohatchee High School for our female students and I wanted to let you know what a fantastic job she did and how informative the presentation was. Thank you so much for your efforts and time spent towards educating all, but especially young women on how to care for their bodies. There was information in this presentation that even I did not know and/or had not been updated on from my own physician. Again thank you. Sincerely, Sherry Beard

School Girl Awareness Program

October 5, 2011: Cleburne County Tech. School

I arrived at the school at 7:30 a.m., set up my display and waited for the first class of girls to arrive. I had worked with Nurse Leann Robinson in preparing for this day and she had asked the girls to wear pink in honor of Breast Cancer Awareness Month and Steel Magnolias. There were three classes, with a total of about 110 girls. They were very attentive and asked a few questions which Nurse Leann answered. Because of the funeral of a dear friend, Nurse Leann had to leave a little early. Mrs. Traylor, cosmetology teacher helped with the last class. It was a great day and I hope that because of Steel Magnolias, these girls will make a commitment to do their BSE's.

October 18, 2011: Cleburne County High School

Coach Leslie Salter has been so excited about Steel Magnolias bringing the School Girl Awareness Program back to Cleburne County High. She has a sister who is a breast cancer survivor and is very passionate about educating young girls about how to take care of their bodies, especially breast health. We had a great day with a total of five classes and about 210 girls. The girls ranged from 7th grade through 12th grade. Coach Salter impressed upon the girls how important it is for them to get to know their own bodies. She told the girls if only one life was saved, that one life was worth the time Steel Magnolias gave to help educate them.

October 21, 2011: Anniston High School

What a joy it was to meet Coach Lisa Howard! She is a beautiful single young woman with a passion for causes like Steel Magnolias and for educating her students about their breast health. We had a little problem with the video but with the help of fellow teachers, everything worked great. Nurse Kassandra Smith was so helpful in answering the many medical questions asked by girls. These were a great group of girls and it was easy to talk with them. I hope they will make a commitment to do BSE's each month and perhaps one day save their lives. Thank you Coach Lisa Howard and Nurse Smith for your obvious love for your students. In advance of my visit, Anniston High School posted information all around their school in preparation for the Steel Magnolias School Girl Awareness Program.

November 4, 2011: Weaver High School

Speakers Bureau

Margaret Taylor

What an honor to be invited back to the Sunlight Matron's 3rd Annual Awareness Luncheon! Olivia James sent a beautiful invitation to once again attend and speak about the great work Steel Magnolias do on behalf of breast cancer patients. I arrived to a beautifully decorated fellowship hall; pink ribbons, pink shirts, just pink everywhere. I shared the floor with a young breast cancer survivor. This was the first time Candice, who was accompanied by her little boy and her mother, had spoken publically about her journey with breast cancer. There were many tears as Candice shared her experiences. Candice spoke of her faith and of how God had sustained her. I brought this amazing group of ladies up to date on the work of Steel Magnolias and shared a little of my story. This group of women are so committed to the cause of Breast Cancer Awareness and I am so thankful to have them on our team. We were served a delicious lunch of chicken salad, pasta salad, fruit, veggie plate and dessert. Several door prizes were given and breast cancer survivors were recognized and each was encouraged to say something about their journey. I thank this wonderful group of Godly women for their love and dedication. Submitted by Margaret Taylor

Marti Warren

Marti's Whirlwind Month!

Every year, all over the United States, the month of October is designated as Breast Cancer Awareness Month. Wouldn't it be wonderful if we emphasized Breast Cancer Awareness the other eleven months?

It has been my privilege to speak to the following groups about breast cancer, Steel Magnolias and the wonderful work we are doing in our community.

10-13—Philemon Study Club (20 women)

10-18—Gadsden State Community College, McClellan Campus (50 students)

10-19—NHC, Golden Springs Nursing Home (20 women in wheelchairs)

10-21—Oxford Golden K Kiwanis Club (18 members)

10-27—Anniston Education Foundation Award Banquet at Classic on Noble (125 guests)

11-10—Anniston Study Club at Anniston Country Club (20 guests)

Also, supplied Winn-Dixie, Hwy. 202, with Steel Magnolias Brochures for the public and lapel pins for the employees.

This has been a whirlwind month and I can't wait until October 2012!

Submitted by Marti Warren

Have you done this?....really observed what and how you talk about things. We learn a lot about ourselves when we do. I'm hoping for a lot more gratitude, and a lot less emotional garbage in the world—David J. Pollay—*The Law of The Garbage Truck*

Steel Magnolias & Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc., met on October 25, 2011 in suite 406 of the Physicians Center. President Marti Warren recognized Chaplain Sherry Grinstead who gave a very moving devotion about how we can be a light in the world around us. She shared the story of Cecil Peacock, a missionary, and his experience landing a plane on an aircraft carrier with only one light to guide him. As an example of what a small amount of light can do, Sherry then asked us to turn on the small lights she had passed out. She then read the names on our prayer list (first names only) and prayed for each before giving thanks for our food.

Steel Magnolias and Men of Steel enjoyed baked potato bar, provided by RMC and side dishes provided by Steel Magnolias members. The table was graced by flowers and a special cake to celebrate Chaplain Wilson's new home. Entertainment for the Housewarming was a dramatically read letter from Ted (The Blind Rapper) Nail.

Meeting was called to order by President Marti Warren. The minutes were read by Secretary Margaret Taylor and approved. Financial report was read by substitute Treasurer, Lenora Johnson and approved.

Executive Director, Lenora Johnson informed the group of correspondence from several businesses concerning fundraisers designated for Steel Magnolias. They were as follows: 10% of profits from Travis Cash Hair Salon in Gardendale, AL and 2nd annual Chill Cook-off by award winning Distressed Doe Cook Team of Decatur, AL. Lenora will attend the October 28, Jacksonville High School pep rally to accept a contribution, raised by JHS students. Contributions already gratefully accepted from Temp-Force and the local affiliate of the National Street Rod Association.

Lenora also informed the group about an article, written by Annette Maddox, about the history of Steel Magnolias and the upcoming "Celebrate Life" event, featuring author and writer, David Pollay.

It was announced that Marti Warren will be speaking at the Anniston Education Foundation luncheon at Classic on Noble, October 27, with Chuck and Barbara Trull serving as host and hostess.

At the "Celebrate Life" event, co-sponsored by Steel Magnolias and Regional Medical Center, Steel Magnolias will be giving tribute to Business People, RMC Staff, Faith Based Partners and Patient Support Partners who make it possible for Steel Magnolias to provide care and comfort for local cancer patients, in the region and throughout the state. Tickets for the November 17 event are \$25. For information and tickets: (256) 231-8827 or lenora@steelmagnoliasinc.org

Because of Thanksgiving week, Steel Magnolias group meeting date has been changed to Nov. 15. Invitations to the Steel Magnolias Christmas Breakfast Buffett, Dec. 3 at 10:00 am will be mailed soon.

There being no other business, meeting was adjourned.

Financial Report

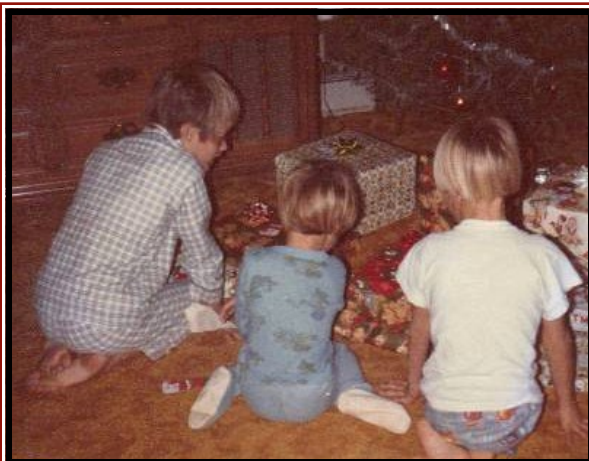
October		Balance Brought Forward	\$10,744.25
05 (-)	20.31	Care Package Postage	10,723.94
05 (-)	200.00	Anniston Oncology (transportation fund)	10,523.94
25 (+)	919.00	Deposit—Tournament auction 25...Temp-Force 750...:NSRA 144	11,442.94
27 (-)	27.00	Kyuka Waters (Anniston Oncology)	11,415.94
27 (-)	870.00	Susan G. Komen, NCAL—1000 Young Women Taking Care Booklets	
		1000 Tri-fold brochures for School Girl Awareness Program	10,545.94
27 (-)	165.29	Reimburse Lenora—Postage, camera, 1 year warranty, Christmas stationary	10,380.65
27 (-)	100.00	Lenora Johnson— October monthly expense	10,280.65
11-1 (-)	100.00	Lenora Johnson— November expense (Out of order)	10,180.65
27 (-)	650.00	American Awards— 1000 Lapel Pins	9,530.65
31 (-)	44.00	Postmaster— Roll of Stamps	9,486.65
31 (-)	217.00	Pokey's Photography (Tribute Gifts)	9,269.15

Steel Magnolias House Warming Chaplain Wilson and Helen

How appropriate that Steel Magnolias' Chaplain, Sherry Grinstead should lead a devotional about letting our light shine and not hiding it under a basket! Chaplain Wilson was the first call I made about a breast cancer support group. He is the umbrella under which we have weathered storms. Thank you Chaplain Jim and thank you Helen for being our emissary to cancer patients in surgery at RMC. Thank you, Chaplain's assistant, Joanie O'Haver for being our photographer in October.



Who do you love with all your heart? Let them know. It's a gift to them and a gift to you. Choose to live in the Gratitude Cycle, the 6th Commitment of The Law of The Garbage Truck.....David J. Pollay



Van, Greg and Bill Johnson—Christmas 1980

Prentiss and I now have granddaughters the same ages as our three sons were in 1980.

Thank you Van, Bill and Greg for the daughters you gave us, Michelle, Andrea and Amy and our precious beauties, our granddaughters, Olivia, Kaylee and Emily.

Hard to believe, but another year is in the books! 2011 went by in a flash! This is the last newsletter unto January 2012.

My wish for everyone is a very Happy Thanksgiving, a very Merry Christmas, and a most Blessed New Year!

I love you,
Lenora Johnson

ALL GOOD AND PERFECT GIFTS COME FROM GOD

Joggin' Inside

Pregnancy Q and A

Q: Should I have a baby after 35?
Q: I'm 2 months pregnant now, when will my baby move?
Q: What is the most reliable method to determine a baby's sex?
Q: My wife is 5 months pregnant and so moody that sometimes she's borderline irrational.
Q: My childbirth instructor says it's not pain I'll be feeling during labor but pressure. Is she right?

Q: When is the best time to get an epidural?
Q: Is there any reason I have to be in the delivery room while my wife is in labor?
Q: Is there anything I should avoid while recovering from childbirth
Q: Do I have to have a baby shower?
Q: Our baby was born last week. When will my wife begin to feel and act normal again?

A: No, 35 children is enough!

A: With any luck, right after he finishes college.

A: Childbirth

A: So, what's your question?

A: Yes, in the same way a tornado might be called an air current.
A: Right after you find out you are pregnant.

A: Not unless the word "Alimony" means nothing to you.

A: Yes, pregnancy!
A: Not if you change the baby's diaper very quickly.

A: When the kids are in college.

Homework Assignment

A kindergarten class had a homework assignment to find something exciting and relate it to the class the next day. When time came to present what they'd found, the teacher called on little Ralph who walked up to the front of the class and with a piece of chalk, made a small white dot on the blackboard and sat down. Puzzled, the teacher asked him what it was. "It's a period," he replied. "I can see that," said the teacher, "But what is so exciting about a period?" "Darned if I know," he said, "But this morning my sister missed one. Mommy fainted, Daddy had a heart attack and the boy next door joined the Navy!"

Exercise

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the heck she is!.....The only reason I'd took up exercising is so that I could hear heavy breathing again.....I have to exercise early in the morning before my brain figures out what I'm doing.....I like long walks, especially when they are taken by people who annoy me....I have flabby thighs, but fortunately my stomach covers them....If you are going to try cross-country skiing, start with a small country...I decided to take an aerobic class. I bent, twisted, gyrated and jumped up and down for an hour. By the time I got my leotard on, the class was over.

Native American Wisdom

The Lone Ranger and Tonto went camping in the desert. After they got their tent up, both men fell asleep. Some hours later, Tonto wakes the Lone Ranger and says, "Kemo Sabe, look towards the sky, what do you see?" asked Tonto. The Lone Ranger ponders for a minute then says, "Astronomically speaking, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time-wise, it appears to be approximately a quarter past three in the morning. Theologically, it's evidence the Lord is all powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow. What's it tell you, Tonto?" Tonto is silent for a moment, then says, "Kemo Sabe, you are dumber than buffalo chip! Someone has stolen tent!"

**.... "Some people don't show up for their own lives"....Jillian Anderson, from her workout video. Weird place to get such a deep quote. But, it kind-a hit me this morning. "Make the most of your life and be thankful and happy with what you have. It could be taken away in the blink of an eye."
Dr. Andrea Johnson.... Nesin Physical Therapy, Huntsville, AL**