

Steel Magnolias

Breast Cancer Support Group, Inc.

Beyond My Heart's Door

June 14, 2010

Beyond My Heart's Door

The beauties I behold
As I peer beyond my heart's
door,
Awards my imagination
With beauties untold.

God help the frightened
child
That lives within my heart,
To move bravely beyond this
portal,
Strong and Focused and
Riled.
Lenora Washington Johnson

The motivation for this poem was my observation of our first grandchild, as she sat, looking longingly, through a glass door, at flowers in our front yard. The picture made me think of how the journey through surgeries and treatments for breast cancer had made me long for the day I could once again feel the satisfaction derived from tending that garden.



Olivia at Mimi's house

I returned to my beloved garden and continued developing our landscape, but only for a short time. My passion for gardening was replaced with a passion for the woman who is, as I once was, trapped in a breast cancer imposed cocoon.

Not everyone who reclaims their life, after being trapped emotionally by a diagnosis of cancer, is interested in the same things. That is what makes a group like Steel Magnolias work. We are an army of wounded warriors, equipped with differing talents and interests.

Differing Gifts Romans 12: 6-7

We have different gifts, according to the grace given us. If any man's is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern dili-

gently; if it is showing mercy, let him do it cheerfully.

Charles R. Swindoll Encouraging Words

How? I am not well!
"Tucked away in a quiet corner of every life are wounds and scars. If they were not there, we would need no physician. Nor would we need one another."

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

I Don't Think I Can!
"You and I become what we think about." (Dr. Norman Vincent Peale said it this way: "If you can think it, you can do it!")

Who Can?
"The person who succeeds is not the person who holds back, fearing failure, nor the one who never fails but rather the one who moves on in spite of failure."

Where could I?
"We cannot be an encouragement if we live



Sharing love through support

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our lives in secret caves, pushing people away from us. People out of touch don't encourage others. Encouragement is a face-to-face thing."

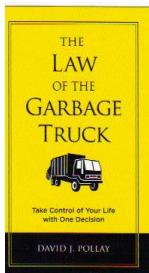
What about their mistakes?
"Discouraged people don't need critics. They hurt enough,

already. They don't need more guilt or piled on distress. They need encouragement. They need a refuge."

How Long Should I? "True integrity implies you do what is right when no one is looking or when everyone is compromising." **Colossians 3: 23** *Whatever you do, work at it with all your heart, as working for the Lord, not for men.*

The Law of the Garbage Truck

One year ago, I contacted David Pollay, asking permission to use, "The Law of the Garbage Truck." I had received an Email from Kathy Evans, and had been waiting for the appropriate time to publish it in the Steel Magnolias Newsletter (May 18, 2009). *The Law of the Garbage Truck*, now the title of Mr. Pollay's book, is being released October 5, in the USA by Sterling Publishing, a Barnes and Noble company. David Pollay and I have communicated by Email over the past year. Steel Magnolias Breast Cancer Support Group, Inc. is delighted that David wrote about the passage of HB147 and how crucial having a No Garbage Truck Zone was to our success.



In *The Law of the Garbage Truck*, David J. Pollay teaches us that by letting other people's "garbage" (negativity, anger, resentment) simply "pass by," and not dumping garbage on others, we can become happier and more successful, both personally and professionally. This remarkable book has already been licensed by the Veteran's Health Administration, for V.A. clinics and hospitals in the United States.

Senior Editor of Sterling Publishing, Jennifer Williams said, "Despite the number of books that are published every year, it is rare to stumble on one that feels as fresh, unique, and hopeful as David's. As book-sellers say, it has 'legs' for days."

The Miracle Apple Tree, UPDATE!!!!

Monday, May 10, my brother Gerald left Anniston, headed for his home in Moore, OK. Gerald arrived in Anniston on May 7 to participate in the May 8th Lea Fite Memorial Golf Tournament and in honor of our dad's 100th birthday,

All day Monday, I listened to weather reports concerning 34 tornadoes in the Oklahoma City area. A strong tornado touched down in Norman. Norman, Moore and Oklahoma City make up a tri-city. I think only the residents know where one ends and the other begins.

I was relieved, the evening of the 10th, when Gerald called from a hotel in Arkansas. He said, "In my haste to get back home, I didn't listen to the weather reports."

Upon arriving home, he was pleased that he had been spared tornado damage. However, soft ball size hail had gone through his carport, his car would have been ruined if it had been parked in the carport. His house roof, that was replaced last year, needs replacing again this year. Gerald went on to say, the Miracle Apple Tree shows no damage.



A few days ago, Gerald Emailed pictures of the Miracle Apple Tree. He said, "Lenora, it is a miracle that the apple tree, supported by shrubs that grow around it, every year, bears an abundance of fruit." I'm sure our readers remember that Gerald leaves the apples for the birds and other critters to eat. More can be read about the Miracle Apple Tree by logging on <www.steelmagnoliasinc.org> Click onto "What Now?"

(NOTE) Ginger, Gerald's beloved wife, died in September 1993. The cause of death: heart attack. Today is a very special day for Gerald. I, as well as other family members received this Email. "Today, June 5, 2010, is my wedding anniversary. Ginger and I would have been married 40 years. It is still a day of thankfulness and meditation. I am so happy that she loved me and I cherished her." It is with Gerald's blessings that I share his heart, just as a reminder: Life is fleeting, never wait to express, with actions and words, the love you feel.

House Bill 600
(Multi-Media Release)

On May 19, 2010, The University of Alabama at Birmingham, Comprehensive Cancer Center, commemorated the signing of legislation requiring the Alabama Department of Public Health to create breast, cervical and colorectal cancer screening programs designated to save the lives of thousands of Alabamians.

Cancer Center Director Edward Partridge, M.D., president-elect of the American Cancer Society National Board of Directors, and State Rep. Paul DeMarco of Homewood were featured speakers. Representatives from various cancer organizations as well as many cancer patients and survivors, were on hand for the commemoration, which included a video of prepared remarks by Gov. Bob Riley. Riley signed the legislation in advance of the event, which he was originally planning to attend; the Gulf oil spill situation dictated a change in the governor's schedule.

The new act, which originated in House Bill 600, gives statutory authority for breast, cervical and colorectal cancer screening programs to the Department of Public Health. Experts say the life-saving practice of expanding proven cancer screening programs benefits everyone, especially the medically under-served and the uninsured.

"We have a responsibility to do the right thing, and this act makes breast, cervical and colorectal cancer prevention and awareness a vital part of our state's anti-cancer policy," Riley said. "Since these forms of the disease are treatable and curable if they're caught early enough, a vital screening program deserves our full support."

Approved by the Alabama Legislature earlier this year, the act also supports raising public awareness about cancer prevention and detection as a responsible and cost-effective health measure. It formalizes the collection and research value of confidential health data gathered on breast, cervical and colorectal cancer prevention and incidence.

"It is tragic when cancer causes the loss of a life, and to me it's completely unnecessary when upward of 70% of all cancer deaths can be prevented through screening and early detection," Partridge said, praising the new act and the many academic, legislative, public health, business and nonprofit leaders who advocated for the legislation.

The act was authored by DeMarco after he worked with Partridge, representatives from ACS, the University of South Alabama Mitchell Cancer Institute and many of those attending the signing ceremony to host the "Alabama Cancer Summit 2009: A Call to Action." The event was held last May at the Birmingham-Jefferson Convention Complex.

De Marco said it became obvious during last year's summit and through regular discussion with public-health officials that enacting such a law could lead to improved support for these screenings. "I am optimistic this legislation will reduce the state's high cancer death rate," he said.

Data show that an estimated 22,000 new cancer cases occurred last year, and that nearly 10,000 Alabamians died from the disease. Experts say those numbers could be reduced by broadening access to screening programs, delivering the message of health lifestyle and advocating for timely and effective cancer treatment.

During the May 19 commemoration, speakers also kicked off Birmingham's inaugural survivor's day event, "Celebrating Life" set for June 5 at Pepper Place Saturday Market. A designated National Cancer Survivor's Day event, Celebrating Life will take place from 7 a.m.to noon during the Saturday Market at 2829 2nd Ave. South. Riley signed a proclamation in advance declaring June 5 as National Cancer Survivor's Day in the state.

Hannah Wolfson—The Birmingham News: However, although the new law, HB 600, requires the health department to provide the tests, it doesn't give it a budget to do so, so Partridge said finding funding is the next step.

The state already tests women in its Breast and Cervical Cancer Early Detection Program, which provides free mammograms, pap smears, breast and pelvic exams for women aged 40 to 64 who have no insurance and make 200% of the federal poverty level or less.

"It's actually been incredibly successful," Partridge said. "But that program which is funded by the state and the Centers for Disease Control, only has enough money to screen about 30% of eligible women," he said.

<http://blog.com/spotnews> Email <hwolfson@bhamnews.com>

Steel Magnolias applaud the efforts of Rep. DeMarco, the Alabama legislature, and everyone who worked for the passage of HB600 and remain hopeful that funding will be found.

Steel Magnolias & Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc. and Men of Steel met on May 25, 2010 in the Cancer Resource Center. Radiology Director at RMC, Nick Kaufman, gave a very informative lecture concerning the new equipment in the radiology department. He then led the group on a tour of the radiology department and explained the function of each machine.

Following the tour, the group met back in the cancer resource center for pizza, salads and desserts. Jimmy Taylor gave thanks for our food. Steel Magnolias is very grateful to Anniston Oncology for providing the salad and pizza.

Jimmy Taylor reported on the great success of the Lea Fite Memorial Golf Tournament and thanked everyone for their hard work.

Ina Rooks held the winning ticket for the beautiful quilt made and donated to Steel Magnolias by Bunny McGee. Next there was a drawing for door prizes.

In the absence of Chaplain Ina Rooks, Marti Warren read the names on the prayer sheet. Chuck Trull prayed for everyone on the list.

Lenora read a thank you card from Carol Wilson for flowers sent to Chaplain Wilson, in recovery following surgery.

Lenora asked for volunteers to work in the Cancer Resource Center, while Wendy and Charlotte take a few days to be with their families. Gloria Woosley, Cindy Justice Lenora Johnson and Joyce Guldin will welcome guests visiting the resource center on May 27 and 28.

Lenora Johnson announced that Steel Magnolias is in print in David J. Pollay's book, "The Law of the Garbage Truck."

A silent auction and sale will be held on July 8th and 9th, 2010, in the main lobby of RMC.

Lenora also announced that David McCormack will be keynote speaker at the July 27, New Beginnings Banquet.

Meeting was adjourned, Margaret Taylor, Secretary

At our May meeting, Jimmy Taylor, Director, Men of Steel, gave an exciting report on the success of the Lea Fite Memorial Golf Tournament. However the complete financial report is not yet available. We plan to publish the complete report in the July newsletter. Once again, heartfelt thanks to everyone who helped make this memorial golf tournament such a success!

Financial Report

May	Balance brought forward	\$7,026.21
01 (-) 100.00	Lenora Johnson: Monthly expense	6,926.21
05 (-) 136.99	Margaret Taylor: Reimbursement for Chemo patients' snacks	6,789.22
06 (-) 35.00	Official Crimson Tide Football (Signed by Nick Saban	6,716.72
19 (-) 37.50	Kyuka Waters: for Anniston Oncology, Cancer Resource Center	6,716.72
27 (-) 68.45	Lenora: Reimbursement for Postmaster and Wal-Mart...Fabric & Thread to make bags for Steel Magnolias Care Packages	6,648.27

Correspondence

Steel Magnolias, The gardenias are beautiful! I have for years, wanted gardenias in our yard. I look forward to planting this "bush" when someone helps me! Most of all, thanks for your love and support. Jimmy has been quite ill, but is on the road to recovery Keep him in your prayers.

Much Love, Carol.....Jacksonville

(Note) Chaplain Jim Wilson is spending a little time in the office.

Dear Marti,

I had such a good time Saturday, being around all of you. It was such a pleasant day, the company weather and all.

Thank you for asking my daughter, Katie and me to participate. Katie was blessed by all of your hearts, as I was also. I pray for complete healing for you. I'm continually impressed with who you are. Your persona is one of continual youth, joy, elegance and true love. I have been blessed by our encounters. May God continue blessing you.
Love Gina.....Gadsden

Hi Lenora,

I just saw a galley copy (a paperback version of the hardcover book the publisher produces for reviewers and endorsers) of my book. Lenora, do you want to read the book, and if you like it, write a short blurb about it? You will enjoy reading the piece about you and Steel Magnolias on page 207 and 208. David J. Pollay....Ocean Ridge, FL

Dear Lenora,

Thank you so much for your beautiful and eloquent comments on THE LAW OF THE GARBAGE TRUCK! We will be delighted to print them in David's book.

Very sincerely yours, Jennifer Williams, Senior Editor, Sterling Publishing Co., Inc., New York, NY

Keep up the great work! I hope to see you in Alabama later this year. All the best, David Pollay....Ocean Ridge, FL
(Note) We deeply appreciate David's \$50 contribution to the Lea Fite Memorial Golf Tournament. Lenora

*******Speakers' Bureau*******

Margaret Taylor Speaks to Anniston Pilot Club

Anniston Pilot Club met on May 24, 2010, 11:00 am, at the House of Chen Restaurant. There were ten ladies in attendance. Following a short business meeting, the program was presented by Margaret Taylor. She spoke about the history of Steel Magnolias and what their mission is. About how this group through the leadership of Lenora Johnson, Founder and Executive Director, has grown from a handful of women and 2 men to about fifty active members and over eight hundred, who receive the monthly, Steel Magnolias Newsletter, written and published by Lenora Johnson. Margaret shared her journey with breast cancer and how much this group has meant to her and countless other women who have been on the receiving end of Steel Magnolias. She told about these women and about the many services offered through Steel Magnolias. She told also about the great strides made in the 2009 general session of the Alabama Legislature. HB147 was sponsored by the late Rep. Lea Fite and cosponsored by Senator Kim Benefield. Steel Magnolias had, for almost five years worked to raise awareness about the loophole in the Alabama Breast and Cervical Cancer Treatment Act. On May 30, 2009, Governor Bob Riley signed HB147 into law. Margaret completed her presentation with a song, "*You Raise Me Up*." These ladies were very responsive to Margaret, and made a contribution of \$25 to Steel Magnolias. It was a privilege and an honor to be able to represent Steel Magnolias. We each ordered from the lunch menu and as always, eating at House of Chen was a treat.

Submitted by Margaret Taylor

Marti Back in School

Tuesday June 8, 2010, 11:30 am

After many years absence from the classroom, it was exciting for me to look into 24 pairs of eyes at Gadsden State, McClellan, for a program on breast cancer to the Introduction to Psychology class. For an hour and a half, those students were attentive, asked questions, there were some tears, but a lot of laughter. I learned a long time ago that laughter can ease painful situations. There was even a student present whom I had not only taught, but years ago, his father. (Duh!) I had up-to-date statistics to use with these students, and I am proud of the hand-outs I could leave with them to share the Steel Magnolias message with others. By the way, they "had to listen and take notes," because Ms. Donna LaPrell was going to give them a test on my presentation. I have been asked to come back on July 13th for the Human Growth and Development Series. I am excited.

Submitted by Marti Warren

Steel Magnolias have several members who make up the Steel Magnolias Speakers Bureau. Any church group or civic club that would like to have a member of Steel Magnolias speak about the work of Steel Magnolias, please contact <lenora@steelmagnoliasinc.org> or call the Steel Magnolias Office (256) 231-8827.

MARK YOUR CALENDARS

Tuesday, June 22: Steel Magnolias and Men of Steel Meeting, 5:00 p.m.
Cancer Resource Center (Suite 406), Physicians Center. Baked Potato Bar. Steel
Magnolias bring light dessert or fruit.

*******EXCITING JULY***** 2010**

**Thursday, July 8: Silent Auction & Sale.... 9 am to 5 p.m.
and**

**Friday, July 9: Silent Auction & Sale.... 9 am to 5 p.m.
In the Main Lobby, 3rd floor of Regional Medical Center
See advertisement on next page!!!!**

**Official Alabama Crimson Tide Football
signed.... *Roll Tide Nick Saban*
Current bid is \$125**

**Taking bids until the evening of July 27
Winner will be named at New Beginnings Banquet
Winner does not have to be present to win**

**Email Lenora@steelmagnoliasinc.org or call (256) 231-8827 to raise bid
Or be at RMC on the 8th or 9th. Or at Road Block**

Tuesday, July 13: 11:30 a.m. Marti Warren speaks to the
Growth & Development Class at Gadsden State/McClellan

**Saturday, July 17: Honda Road Block, intersection of Lenlock Lane
and Weaver Road. Chaired by Rhonda and Larry Allen.
Thank you Honda volunteers!!**

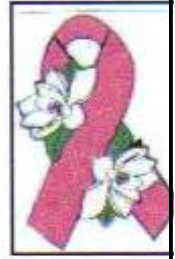
Saturday, July 27: New Beginnings Banquet, 6:00 p.m.
Classic on Noble. By Invitation Because of limited space and funds—
\$10 tickets to help cover the cost of dinner. Great program is free.



Steel Magnolias

Breast Cancer Support Group, Inc.

(256) 231-8827 lenora@steelmagnoliasinc.org



SILENT AUCTION

Thursday July 8 & Friday July 9
9:00 am to 5:00 pm

RMC Hospital 3rd Floor
Main Lobby

****Auction Items****
Winner will be named for
every item except football
at 5:00, Friday, July 9.
Highest bidder will be
called if not present.

****Items For Sale****

*Marti's Antique &
Collectable Jewelry*

*Pink Ribbon Magnets
By Joyce*

*Pink Ribbon
Car Magnets*

*Tuesday Bear Huggers'
Breast Cancer
Pink Bear Lapel Pins*

*Home Baked Snacks
Ina's Fried Apple Pies
Gloria's Beignets
Marilyn's Cookies
And More!*

**Official
Alabama Crimson Tide
Football.... Signed:**

*Roll Tide
Nick Saban*

Winner named at July 27
New Beginnings Banquet

New Toys

Golf related items

Jewelry

Tools

Toiletries

Home Gifts

Shirts & Caps

Gift Cards &
Gift Certificates

And more

Money raised on July 8 & July 9, will go to cover the cost of meal vouchers given to family members of any cancer patient in surgery at Regional Medical. Vouchers are redeemable toward any meal in the RMC Hospital Cafeteria.

Joggin' Inside

The Oil Leak

A man was driving down the road and ran out of gas. Just at that moment, a bee flew in his window. The bee said, "What seems to be the problem?" "I'm out of gas," the man replied. The bee told the man to wait right there and flew away. Minutes later, the man watched as an entire swarm of bees flew to his car and into his gas tank. After a few minutes, the bees flew out. "Try it now," one bee said. The man turned the ignition key and the car started right up. "Wow!" the man exclaimed, "What did you put in my gas tank?" The bee answered.....BP.

Courtesy of Pokey.....Anniston

Mountain Man

A mountain man had never been to the big city. Occasional trips were made to the nearest country store for staple goods. At the urging of his wife and kids, he loaded the family into his truck and drove into the city. They had never seen traffic lights and tall buildings. They pulled into a shopping mall parking lot. An Information desk employee explained what a mall is all about. The wife said, "Great, come on kids, let's go shopping." The man was intrigued with all the people walking back and forth, so he stayed seated on a bench so he could watch the people. Directly across from where he sat was an elevator, the first he had ever seen. He watched as a teetering old woman, with a cane, walked inside the elevator and the doors closed. A few moments later the doors opened and out walks a beautiful young woman. The man turned to his son, who had come back to sit with his dad, and said, "Son go get your mama!"

Courtesy of Mike.....Wellington

Ed and Dorothy

Ed and Dorothy met while on a singles cruise and Ed fell head over heels for her. When they discovered they lived in the same city, only a few mile apart, Ed was ecstatic! He immediately started asking her out when they got home. Within a couple of weeks, Ed had taken Dorothy to dance clubs, restaurants, concerts, movies and museums. Ed became convinced that Dorothy was indeed his soul mate and true love. Every date seemed better than the last. On the one-month anniversary of their first dinner on the cruise ship, Ed took Dorothy to a fine restaurant. While having cocktails and waiting for their salad, Ed said, "I guess you can tell I'm very much in love with you. I'd like a little serious talk before our relationship continues to the next stage. So, before I get a box out of my jacket and ask you a life changing question, it's only fair to warn you, I'm a total golf nut. I play golf, I read about golf, I watch golf on TV. In short, I eat, sleep, and breathe golf. If that's going to be a problem for us you'd better say so now!" Dorothy took a deep breath and responded, "Ed, that certainly won't be a problem. I love you as you are and I love golf too, and since we're being totally honest with each other, you need to know something about me. For about the last five years I've been a hooker." "Oh....I see," Ed sighed. He looked down at the table, and was quiet for a moment, deep min serious thought, then he added, "You know, it's probably because you're not keeping your wrists straight when you hit the ball."

Courtesy of Pokey....Anniston

Wife From Hades

A police officer pulls over a speeding car. The officer says, ""I've clocked you at 80 miles per hour, Sir." The driver says, "Gee, officer, I had it on cruise control at 60; perhaps your radar gun needs calibrating." Not looking up from her knitting, the wife says, "Now don't be silly, dear—you know that this car doesn't have cruise control." As the officer writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once!?" The wife smiles demurely and says, "Well dear, you should be thankful your radar detector went off when it did or your speed would have been higher." As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Woman, can't you keep your mouth shut?" The officer frowns and says, "And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine." The driver says, "Yeah, well, you see officer, I had it on, but I took it off when you pulled me over so that I could get my license out of my back pocket." The wife says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving. And as the police officer is writing out the third ticket, the driver turns to his wife and barks, "WHY DON'T YOU PLEASE SHUT UP??" The Officer looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am?" "Only when he's been drinking!"....Courtesy of Pokey....Anniston

A Well Planned Life

Two women met for the first time since graduating from high school. One asked the other, "You were always so organized in school, did you manage to live a well-planned life?" "Yes," said her friend. "My first marriage was to a millionaire; my second marriage was to an actor; my third marriage was to a preacher; and now I'm married to an undertaker." Her friend asked, "What do those marriages have to do with a well-planned life?" "One for the money, Two for the show, Three to get ready, and Four to go." Courtesy of Gerri....Bordon Springs