Steel Magnolias

Breast Cancer Support Group, Inc.

Life Guides...Jesters

The Scent of The Roses

Let fate do her worst, there are relics of joy, Bright dreams of the past, which she cannot destroy; Which come, in the nighttime of sorrow and care, and bring back the features that joy used to wear.

Long, long be my heart with such memories filled!

Like the vase in which roses have once been distilled—-

You may break, you may shatter the vase if you will.

But the scent of the roses will hang round it still.

Thomas Moore 1478—1535

Today, April 7, 2010, I attended the memorial service of Hilda Bonds, age 74. Two weeks ago, I attended the memorial service of Hazel Johnson Rudolph, age 97.

As I drove home, feeling bathed in the beauty of Spring's extravagant display of flowering dogwoods, redbud trees daffodils, quince and sunshine yellow forsythia, I thought of how blessed I was to have known and

been influenced by these two industrious and charitable women.

What these two women had in common was their love for God, their love for family, their love for friends and their great capacity to feel love and empathy for hurting and underprivileged people.

May 19, 1968, was the first time I spent an evening in Herschel and Hazel Johnson's home, Hearthstone. Every inch of their beautiful home was a testament to their love for each other and family. This May is the anniversary of the day Prentiss and I met. I understand that, in the Jacksonville area, Hazel was responsible for many more nuptials. I hope every blind date resulted in a happy marriage. On July 3, Prentiss and I will celebrate 42 happy years together.

A few years ago, I called Hazel to set a date when I could take her out to lunch. Thinking I was speaking of the moment, she responded, "Lenora, I'm just as sick as I can be!" When I

asked why, she said "My Vietnamese families are coming in today. They are bringing their children and grandchildren to meet Grandma Hazel. After that, I have to take my little old ladies to Red Lobster for lunch." When I got a word in edgeways, I said, "Lets get something on the calendar." Hazel was past 90 years of age and she was still giving of herself. In the early '70's, Nancy Dee Bullock, Hazel's younger daughter and Hazel helped two families of Vietnamese Boat People make a start in the USA. And, as for the little old ladies, going to Oxford for lunch. Hazel was the oldest woman in the car and she was driving!

Hazel socialized as easily with young people as she did with older people. Derek Brown, for whom Hazel helped find a house to buy when he first moved to Jacksonville, said "Mrs. Rudolph has freed me from the fear of growing old."

We should all continue to LIVE as long as we are breathing. Johnny April 19, 2010



Sharing love through support

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Mack Bullock called the afternoon of Wednesday, March 16, and said, "At 2:00 p.m. today, Hazel went to be with her family."

"We do ourselves and others a disservice when we make old age something to be feared.

Life is not a resource to be used up, so that the older we get, the less life we have left. Life is the accumulation of wisdom, love and experience of people encountered and obstacles overcome. The longer we live, the more life we possess.

Rabbi Harold Kushner, from his book: "Conquering Fear; Living Boldly in an Uncertain World"
Taken from April 2010 Guideposts Magazine

Mothers' Day

I really believe that even those who don't have a birth mother who nurtures them, can think of someone who makes them feel special. So, whether it be your mom or the mother figure in your life, the following poem celebrates her.

MOTHER'S SHOES OF LOVE Faye Roberts Dedicated to my precious mother

Following in your footsteps, your shoes of love I hope to fill.

To be a mom just like you would truly be my greatest thrill.

Your ways are kind and tender with compassion in your touch;

In your eyes love is multiplied and there is always just enough.

A smile that's warm and loving with a hug that soothes my heart Gentle refuge in times of trouble giving hope a place to start. Words of encouragement abound as your special gift to share, I don't know what I would have done if you had not been there.

Life's road has not been easy; many times it has been quite rough, You never once complained about it, for self pity is not your stuff.

In you I saw pure determination as coped within your role.

Courage under pressure, you gleaned diamonds from the coal.

For abundant joys, I'm so thankful, God has been so good to me each day.

Mother, you're a special blessing as you sweetly show the way.

There are many steps I'll take in life, but one thing I know is true.

I pray my kids will see me wearing the shoes of love the way you do.

Mothers Day is three weeks away. I have heard it said, and I think everyone can agree, being a mother is the hardest job on earth. At the same time, it is the most rewarding! I am the mother of three sons, Van, Bill and Greg. I consider rearing my sons the most important and the most joyous part of my life. I watch, with delight, the relationship each son has with his wife, children and in-laws. Family counselors agree, the sign of good parenting is to have reared children who can walk away from you and live independently. However, I think every mother who made her parenting role a priority, remembers with longing, childhood moments with each child.

Babies What Will You Be Lenora Washington Johnson Dedicated to my three precious sons Van & Michelle (Olivia).......Bill & Andrea......Gregory & Amy (Kaylee, Emily)

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, 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 determination is a must.

My prayer for your lives to my God above, is that you know fulfillment and peace and love.

Let principle and honesty be your quide; lean heavy on faith as life's work you decide.

(NOTE) There have always been parents with poor coping skills. Even otherwise very stable parents and especially those who cope, but only marginally, because of the loss of jobs and income, can become at risk parents. It only takes a moment to do or say something that will cause a child pain and can last a lifetime. I encourage any parent who is struggling, please call the Parent Support Project, Megan Alves-Thayer @ (256) 847-0009. The Parent Support Project, is an organization that works with parents to prevent or stop risky behavior.

Dear Mrs. Johnson

Correspondence

Thank you so much for the invitation to participate in the Lea Fite Memorial Golf Tournament to benefit Steel Magnolias. I have not played golf in over 25 years, so I won't endanger other golfers by trying to participate; however, I have enclosed \$100 to sponsor a hole in the tournament. I know Lea was responsive to the needs of Steel Magnolias and I hope at some point, I can assume that role. I certainly cannot take Lea's place, but I will do all I can to help the organization. My sister died in 1987 at the age of 34 with breast cancer, so the cause is near and dear to my heart. I hope you have a successful golf tournament and raise lots of money. I wish all of you the best of luck. Sincerely, K.L. Brown, House of Representatives, District 40

I just wanted to thank you so much for being there for me during my surgery and recovery (literature, care packages and helpful leads...Gladys). It has certainly made the situation easier. You're doing a wonderful thing. Again, thank-you. Sincerely, Rebecca.....Anniston, AL

Dear Steel Magnolias Breast Cancer Support Group,

God bless you for reaching out to me in a time of need. It means very much to know you are there to call on. I'm really keeping a good attitude. Thank you for all you do in helping others. So, I will keep in touch through 12 months of chemo/radiation. Casey Leigh....Anniston, AL

Hello Ms. Lenora,

I don't know if you remember me but Milli Carlisle/West was a group member. I'm her granddaughter and I'm sad to report that she passed away due to a tumor in her lung. She kept everything you all taught and she truly loved you all and I know your kindness meant a lot to her, she missed you all. This is a letter of appreciation to you all. Her last days were of her thinking of the meetings, love and support of you all. I thought it was important for you to know this. Love, Tearisha

Miracle Apple Tree in Gerald's backyard. Cedar Waxwings pictured in close-up picture on right. Photos by Gerald Washington 4/2010



There is an apple tree in the back corner of my yard. It is the Miracle Tree. You would have to see it to believe the tree is still alive, let alone put on apples every year. The entire front of the tree died and carpenter ants hollowed out the trunk most of the way up from the ground to the smaller limbs. It's lifeblood comes from only the back half, with no trunk to hold it up. The hedge protecting it from the winds allowing it to remain standing. I don't

harvest the apples; I let birds and other critters eat them....... Gerald Washington, Moore, Oklahoma

Just as the crepe myrtles in Gerald's backyard strengthens the old apple tree, allowing it to continue, season after season, to accomplish the purpose for which it was created, Steel Magnolias Breast Cancer Support Group, Inc. is a hedge that God uses to strengthen cancer survivors.

Ask A Doc

At the February, "Pinks" Open House, Steel Magnolias set up a display that allowed anyone attending the reception to ask a question of any surgeon or oncologist who treats patients at RMC. Only one question was placed in the oncologist can. There were no questions for any surgeon. This question was directed to Dr. Ellen Spremulli.

RE: A Steel Magnolias member asked, What is a clinical trial?

Dear Steel Magnolia Member:

Thanks so much for a great question. A clinical trial involves patients and is seeking to gain knowledge which will help other patients. Clinical trials can ask several questions, such as:

- 1. Can a certain diet prevent cancer?
- 2. Can a new drug increase the chances that a patient will survive?
- 3. Will a combination of radiation and chemo be better than either alone?

Protocols (clinical trials) are written by cooperative groups. Cooperative groups are composed of leading oncologists at major medical schools. After a detailed plan is written, the study is reviewed by the FDA and by an ethics review board. Then the study is sent to participating cancer research centers such as RMC. RMC has one of 11 American College of Surgeons Approved Comprehensive Cancer Centers in Alabama. If either Dr. Spremulli, Dr. Vadlamani or Dr. Niaz think some of their patients would be good candidates for the study, it is submitted to our ethics committee and, if approved, then offered to the patients.

Clinical trials advance knowledge and so are valuable to the community and often the patient.

In order to participate in a clinical trial, the patient must give informal consent. This means that the patient understands what question(s) the study is trying to answer and is also aware of any potential side effects of the study drugs. At RMC, Wendy Watson, RN, is a specially trained research nurse who meets with every patient who is considering participation in a study. The RMC Cancer Center has 8 open breast cancer protocols and 59 breast cancer patients either on study or in follow-up.

One of these very exciting protocols involves Neratinib, which is an oral, investigational drug that is effective against HER2/neu positive breast cancer. In the adjuvant setting it is given for 1 year after completion of Herceptin. It is hoped that this drug will further reduce chances that the tumor will recur. This study may be started up to 2 years after completion of Herceptin. Neratnib is also being studied in patients with metastatic (spread to other sites) disease. In this clinical trial, patients with advanced disease are offered the opportunity to receive this drug.

In the TAILORx study a patient's node negative breast cancer is studied to determine the patient's risk of developing metastatic disease. If the risk is low, then the study recommends that she take hormones (Nolvadex, Arimidex, or Aromasin) only; if the risk is high, then the patient is offered chemotherapy plus hormones; if the risk is intermediate, then there is a random allocation between chemotherapy and hormones or hormones alone. This is a very exciting study and has accrued quite rapidly.

We also have 3 additional studies in the adjuvant setting. One of these uses the drug Lxempra, which we feel will be a an extremely good drug for women whose breast cancer is triple negative (ER negative, PR negative, and HER2/neu negative).

If you think that you might be interested in participating in one of these protocols, please call Wendy Watson at (256) 235-5084 or Debi Kaufman at (256) 238-1011.

I hope this answer to your question has been helpful, and I look forward to further questions from Steel Magnolias members......Sincerely, Ellen Spremulli, MD

Thank you Dr. Spremulli for such an informative and easy to read article!



Margaret Taylor receiving \$1,194.20 check from Superintendent of Randolph County Schools, Paul Gay

School Girl Awareness Program

Senator Kim Benefield of Woodland, secured a grant for Steel Magnolias Breast Cancer Support Group, Inc. The grant was given for the purpose of purchasing booklets and teaching aids that would be used in Randolph and Clay county schools. Senator Benefield said, "I am so glad Steel Magnolias are working in our schools with a truly life saving message. Hopefully, these girls will share what they learn with moms, aunts and grandmothers."

Randolph county's schools are scheduled for:

Woodland High: April 19 and 21.

Randolph County High: April 26 and 27

Wadley High: April 29.

Clay county schools will be scheduled for next school year.

Thank you Senator Benefield! Senator Benefield's mother, Catherine Stillwell, is a breast cancer survivor. It was a joy to have Senator Benefield and the late Representative Lea Fite share the podium at the 2009 Steel Magnolias New Beginnings Banquet.

Steel Magnolias & Men of Steel Meeting

The Steel Magnolias Breast Cancer Support Group, Inc. and Men of Steel met on March 23, 2010 at 5:00 p.m. in the Cancer Resource Center. In Ina Rooks absence, Sherry Grinstead prayed for those that are recuperating from surgery, recently had surgery and those who are awaiting surgery. She also offered thanks for our meal.

Everyone in attendance enjoyed a meal of pasta salad and chicken salad sandwiches, provided by RMC. Steel Magnolias brought a variety of light desserts and fruit trays.

President, Marti Warren called the business portion of our meeting to order. She asked for anyone to share a happy experience they had since our last meeting. Several women shared their special moments with the group.

Minutes were read and approved.

Keither Zeimet suggested we send a floral gift to Nancy and Harry Burnell for Easter. Two members made contribution towards the cost of the plant. Keither was asked to select the plant and have it delivered.

Jimmy Taylor reported on the progress of the Lea Fite Memorial Golf Tournament. He encouraged everyone to be involved so that the tournament will be a success. Lenora Johnson encouraged everyone to bring baked good to the annual bake and jewelry sale, slated for Saturday, April 3 at Quintard Mall. A sign-up sheet was passed around for either morning or afternoon scheduling. Raffle Tickets were passed out so everyone can participate in the ticket sales for the beautiful quilt donated to us by Bunny McGee.

Motion to adjourn: Linda Barton.....Second the motion: Judy Elders Respectfully submitted by Margaret Taylor, Secretary

Financial Report

March,	2010	Balance Brought Forward	\$5,297.59
01 (-)	100.00	Lenora Johnson: Monthly Expense	5,197.59
02 (-)	150.00	Shahinian Ins. Mall Liability for Bake & Jewelry Sale	5,047.59
03 (+)	288.00	Deposit	5,335.59
03 (-)	46.36	Lenora Johnson: Office & Pinks Supplies	5,289.23
05 (-)	150.00	John Norton Signs: Lea Fite Memorial Golf Tournament—Advertising	5,139.23
08 (-)	20.00	Pokey Warren: Mailing Labels	5,119.23
12 (-)	71.50	Kyuka Water: Anniston Oncology, RMC 4th Floor chemo room, Cancer	
		Resource Center	

5,047.73

12 (-) 515.07	Health Edco: 2 Breast Form Teaching Kits	4,532.20
05 (+) 1,294.20	Deposit made by Margaret Taylor1,194.20 grant from	
	Sen. Kim Benefield100 Golf Tournament Sponsorship Hole	5,826.86
12 (-) 487.50	Susan G. Komen NC AL AffiliateBooklets for Randolph & Clay Co.	
	School Girl Awareness Program	5,339.36

Quintard Mall Bake and Marti's Jewelry Sale

The weather was perfect and participation from Steel Magnolias members and the community was great. It took Five 8 ft. tables to display the delicious cakes, pies, and other bakery items, such as Ina's fried apple pies and Gloria's beignets.

Leatherwood Baptist Church, Women's Ministry out did themselves with the number and quality of baked goods! When I thanked Peggy Kelly, who, a few weeks before our sale, placed sign-up sheets in Sunday school rooms. Peggy said, "we look forward to this every year." A record number of Leatherwood's committed and industrious women baked for Steel Magnolias. Thank you, THANK you, Ladies of Leatherwood, you are awesome!

Because of record contributions to Steel Magnolias, Marti's Recycled Antique Jewelry offered an extremely large selection of jewelry. Many pieces sold for \$1.00, with higher prices charged for nicer pieces, and sets of jewelry.

We still have money to collect for baked goods and jewelry. To date we have broken all record for Steel Magnolias' Saturday before Easter sale. Receipts from sale: Jewelry: \$750....Bake sale: \$1,339.00. A special thanks to everyone who contributed items for sale! Also, for those who purchased either from our bakery or jewelry show! God bless you!!!

Speakers Bureau

March 22, at 6:00 pm, Marti Warren was guest speaker at Robert's Chapel Baptist Church. Marti reported that these church ladies, in my neck of the woods, can really cook. Eight ladies were present and they each brought a contribution of jewelry. Thank you Roberts' Chapel Women's Group.

Anyone wishing to have someone from Steel Magnolias speak at a function of your church or civic club, please call the Steel Magnolias' office (256) 231-8827.

Mark Your Calendars

Tuesday, April 27, 2010: Steel Magnolias & Men of Steel Meeting, 5:00 p.m. in the Cancer Resource Center, Suite 406, Physicians Center. Potato Bar provided by RMC. Everyone attending, please bring your choice of fruit or light dessert. Keither is bringing her great leafy salad.

Saturday, May 8, 2010: Lea Fite Memorial Golf Tournament, Sponsored by Food Outlet/ Mike Sanders. Pine Hill Country Club. Lunch 11:30 a.m. for golfers. Shot Gun start of tournament, 1:00 p.m. Sign up sheet and details on next page. We encourage you golfers to enjoy a great golf tournament and help local cancer patients!

Monday, May 17, 2010: Stuff Envelopes....Mail Newsletter Suite 103 Physicians Center 12:30 p.m.

Tuesday, May 25, 2010: Steel Magnolias & Men of Steel Meeting More details at a later date.



Lea Fite Memorial Golf Tournament

Benefiting Steel Magnolias Breast Cancer Support Group, Inc.

Pine Hill Country Club Anniston, Alabama SATURDAY MAY 8, 2010

Format: 4 Person Scramble Cost \$50/player or \$200/team Time: 1:00 p.m. Shotgun Start

Lunch will be provided and served for all players at 11:30 a.m.

To play in the tournament, please fill out the following form and mail it with your team's check in the amount of \$200. If you are

registering as an individual send in the form with your name and a check for \$50.

Checks should be made payable to Steel Magnolias, Inc.

Mail to: Jimmy Taylor Phone (256) 463-7620 1015 County Rd. 13 Heflin, AL 36264

	Lea Fite Memorial Golf Tournament	
	May 8, 2010	
Player 1 Name		
Player 2 Name		
Player 3 Name		
Player 4 Name		

Opportunity at time of registration to purchase a separate package that includes: 2 mulligans, a throw and a skirt @\$15. Cost after registration \$20.

PRIZES Based on full field:

1st place team: \$600 2nd place team: \$400

3rd place team: \$200 or gift certificate

Advertising opportunity: Sponsorship Hole \$100

Contact Jimmy @ (256) 463-7620 or Email <tjimmeg63@aol.com> or <Lenora@steelmagnoliasinc.org>

Steel Magnolias Office @ Suite 103 Physicians Center (256) 231-8827

Steel Magnolias, P.O. Box 36, Jacksonville, AL 36265

In honor of 100 years since the birth of Lenora Washington Johnson's father, she is giving an additional \$100 prize to the longest hitter! Siblings, Gerald Washington, of Moore, OK and Debby Summers of Columbia, MO will be at Pine Hill Golf Course in honor of their dad.

Joggin' Inside

OOPS!

A little guy drives up and parks his little Honda Civic next to a bunch of motorcycles. He walks into the Biker Bar; sits at a bar-stool and orders a drink. Within two minutes a big, ugly, threatening biker steps up next to him, grabs his drink and gulps it down in one swig. "Well, watcha' gonna do about it, wimp?" he says menacingly, as the little guy bursts into tears. "Come on, man, the biker says: "I didn't think you'd CRY. I can't stand to see a man cryin'..." "This is the worst day of my life!" says the little guy. "I'm a complete failure. I was late to a meeting, and my boss fired me. When I went to the parking lot, I found my car stereo was stolen. I don't have any insurance, and I found my wife in bed with the gardener, and then my dog bit me. So I came to this bar to work up the courage to end it all. I buy a drink, I drop the poison in, and sit here watching the capsule dissolve. Then a jerk like you shows up and drinks the whole thing!!".....Courtesy of Pokey.....Anniston

Good Husbands....Courtesy of Pokey

While creating Husbands, God promised that good and ideal Husbands would be found in all corners of the world. And then he made the earth round. DON'T TELL ME GOD DOESN"T HAVE A SENSE OF HUMOR!

Of Credibility...Courtesy of Pokey

The lawyer was trying to undermine the police officer's credibility.....Q: "Officer...did you see my client fleeing the scene?" A: "No sir. But I subsequently observed a person matching the description of the offender, running several blocks away." Q: "Officer..who provided the description?" A: "The officer who responded to the scene." Q: "A fellow officer provided the description of this so-called offender. Do you trust your fellow officers?" A: "Yes, sir. With my life." Q: With your life? Let me ask you this then officer. Do you have a room where you hang your clothes in preparation for your daily duties?" A: "Yes, sir. We do!" Q: "And do you have a locker in the room?" A: "Yes sir I do." Q: And do you have a lock on your locker?" A: Yes sir." Q: "Now why is it, officer, if you trust your fellow officers with your life, you find it necessary to lock your locker in a room you share with these same officers?" A: You see, sir— we share the building with the court complex, and sometimes lawyers have been known to walk through that room."

Phone Calls

Upon arriving home, a husband was met at the door by his sobbing wife. Tearfully, she explained, "It is the druggist. He insulted me terribly this morning on the phone. I had to phone multiple times before he would even answer the phone." Immediately, the husband drove down town to confront the druggist and demand an apology. Before he could say more than a word or two, the druggist told him, "Now, just a minute—listen to my side of it. This morning the alarm failed to go off, so I was late getting up. I went without breakfast and hurried out to the car, only to realize I had locked the house with both house and car keys inside so I had to break a window to get my keys. Then, driving a little too fast, I got a speeding ticket. Later, when I was about three blocks from the store, I had a flat tire. When I finally got to the store, a bunch of people were waiting for me to open up...I got the store opened and started waiting on these people, and all the time the darn phone was ringing off the hook. Then I had to break a roll of nickels against the cash register drawer to make change, and they spilled all over the floor. I had to get down on my hands and knees to pick up the nickels and the phone was still ringing. When I came up I cracked my head on the cash drawer, which made me stagger back against a showcase with a bunch of perfume bottles on it. Half of them hit the floor and broke. Meanwhile, the phone was still ringing with no let up, and I finally got back to answer it. It was your wife. She wanted to know how to use a rectal thermometer. And believe me mister, As God is my witness, all I did was tell her."...

Firehouse Dog

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another, "He's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "To find the fire hydrants."....Courtesy of Pokey...Anniston

Comics of Vaudeville

The doctor gave the man six months to live. The man couldn't pay his bill so the doctor gave him another six months......Someone stole my credit cards but I won't be reporting it. The thief spends less than my wife did.....A drunk was in front of the judge. The judge says, "You've been brought here for drinking. The drunk says, "Okay, lets get started.".....A doctor held a stethoscope up to a man's chest. The man asks, "Doc, how do I stand?" The doctor says, "That's what puzzles me!".....Courtesy of Pokey......Anniston