

# Steel Magnolias

## Breast Cancer Support Group, Inc.

### We Need More Tips!

Here are a few tips from Gloria when she was on her journey;

Be sure that you don't use safety pins to pin up the drain bags. I put a hole in one of my drains and had to go to the doctor and let him draw blood out of my chest, I had to go back 3 times.

I could not raise my arms after my mastectomy. I couldn't wear anything that went over my head. I had one dress that buttoned up the front and I wore it every time I went to the doctor. Make sure you have tops or dresses that button up in the front until you heal and get your range of motion back.

The only thing I could eat while taking chemo was cottage cheese and fruit. I had blisters in my mouth from the type of chemo I had to take. Everything had to be cold and soft for me to eat it because if it was salty or really hot it burned my mouth.

I was so tired during that time and I did not push myself to do something if I didn't feel like it.

The way to cope is to keep your mind on good things. Listen to inspirational music and read some good books, especially the Bible. Keep your mind busy and try not to dwell on negative thoughts. This will really help you, pamper yourself because you are important to God and your family.

After reading Gloria's tips, I remember that when they took lymph nodes from under my arm that I protected that side while it was healing. I got to a point I couldn't raise my arm very high. I remembered my sister having to use a rope and pulley that hung on the door for therapy after she had rotator cuff surgery. I borrowed the rope and pulley and kept working pulling my arm up until I could do it on my own. This is what it looks like and you can buy them for around \$20.

I had a lady that came to our Pinks Boutique and she was going through radiation. She told me that Balmex that is used for diaper rash really soothed her redness from her radiation.



April 20, 2026



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and Sherry Grinstead  
RMC Chaplain, Wayne Jackson  
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Pinks Boutique: For Appointment  
Call our Office @ 256-231-8827  
Physicians Center, STE 407  
901 Leighton Ave.  
Anniston, AL 36207

[www.steelmagnoliasinc.org](http://www.steelmagnoliasinc.org)

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**Steel Magnolias and Men of Steel  
March 24, 2026 Meeting**

The meeting was called to order by Brenda Parker.

The blessing was given by Gloria for our meal.

We had 21 in attendance with one guest.

The minutes were read and were accepted by Eddie and seconded by Linda.

The treasury report was given by Pat.

Jimmy and Margaret discussed we still need teams and sponsors for the golf tournament. As of today, we have 44 sponsors and four teams. They gave out a list of sponsors from last year and application packages are available. The golf tournament food will be provided by Pine Hill. They have a licensed kitchen now, but we can still bring cookies for dessert.

Elaine discussed the Women Day Program they will set up for Friday, March 28 from 9 to 4 at the Oxford Civic Center. It was also discussed that we needed racks to hang the shirts on. We will purchase six wooden hangers. The breast forms will be brought so women can feel the difference between the lumps and a regular breast. We will meet Friday at 1 PM to set up for Saturday. We still need to set up a Venmo account for steel magnolias. We will be providing a door prize that includes one of our T-shirts and Texas Roadhouse gift card.

Sherry gave the devotion. Give your burdens to the Lord!! Many times our hearts are breaking. We don't know when we are going through a problem or why we're going through a problem, but always give it to the Lord. We need to try to be a help to someone else and encourage them to give their problems to the Lord. The prayer list was read by Sherry and she led us in prayer for the people on it.

Door prizes were drawn and the winners were Elaine, Margaret and Marvolene.

Elaine made a motion to adjourn the meeting and it was seconded by Ronda.

Respectfully submitted by  
Ronda Terrell





**Women's Day 2026**

Thanks to all the volunteers that came out to work our table, Karen, Sydney, Pat, Elaine, Linda, Audrey, Brenda, Ronda, Jane, Shannon, Robin, and Margaret. We had a fun day and it seemed everyone stopped at our booth. We shared our information and made several contacts that Saturday.

Just about everyone at our booth won a door prize, that made the day fun! Oxford is planning on making this a yearly event and they want us to be a part of it.



## Birthdays and Anniversaries

April 28<sup>th</sup> is Tammy Juricich's birthday and she is a 21/7-year survivor!

April 30<sup>th</sup> is Audrey Cole's birthday and she is a 2 -year survivor!

May 2<sup>nd</sup> is Emmie Flood's birthday and she is a volunteer

May 4<sup>th</sup> is Margie Smith's birthday and she is a volunteer

May 6<sup>th</sup> is Cynthia McGinnis' birthday and she is a cancer survivor!

May 10<sup>th</sup> is Shannon Moore's birthday and she is a volunteer

May 15<sup>th</sup> is Tina Alige's birthday and she is a 2-year survivor!

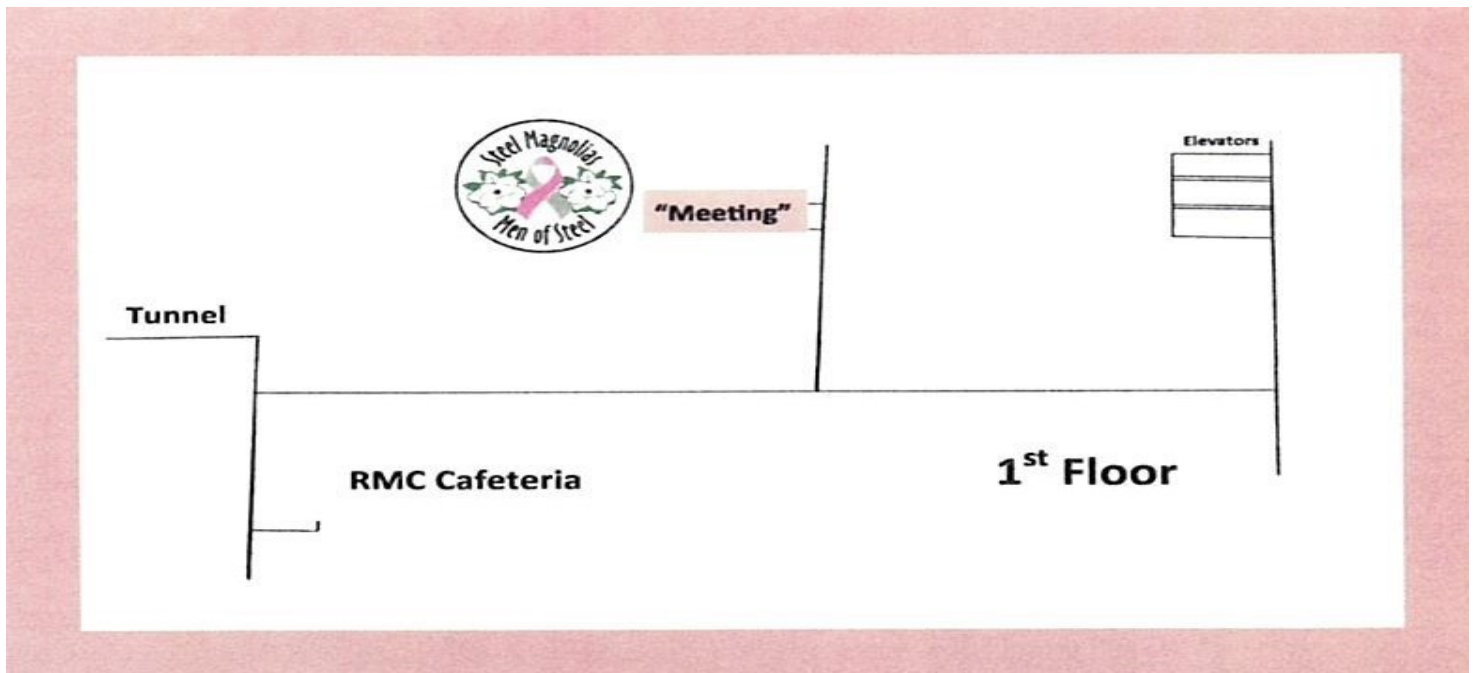
May 23<sup>rd</sup> is Katie Nappier's birthday and she is a volunteer

May 23<sup>rd</sup> is Nancy Buchman's birthday and she is a 13-year survivor!

May 24<sup>th</sup> is Shirley Barger's birthday and she is a volunteer

## Up Coming Events

April 28<sup>th</sup> is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have spaghetti with garlic bread; Steel Magnolias please bring side dishes and desserts. Our speaker will be Lagina Fillingem. Everyone please try to attend and bring a friend! I am including a map for anyone new who would like to come but is not quite sure how to get there.



May 18<sup>th</sup> will be our next newsletter mailing day. If you have anything for the newsletter, please send it to [elaine@steelmagnoliasinc.org](mailto:elaine@steelmagnoliasinc.org) or mail it to our office at PO Box 2208 Anniston, Al 36202 by May 13<sup>th</sup>.

May 30<sup>th</sup> is the 17<sup>th</sup> Annual Lea Fite Golf Tournament at Pine Hill Country Club. There is information in this newsletter about the tournament. We will talk more about it in our meeting on the 28<sup>th</sup>.

# STEEL MAGNOLIAS BREAST CANCER SUPPORT GROUP 17TH ANNUAL

## LEA FITE MEMORIAL GOLF TOURNAMENT

HOSTED BY: Men of Steel

SPONSORED BY: Food Outlet

**May 30th, 2026 at Pine Hill Golf Course**

### SPONSORSHIP OPPORTUNITIES:

Door Prize: \_\_\_\_\_  
Hole: \$100 Bronze: \$250 Silver: \$500 Gold: \$750 Platinum:  
\$1000 PINK: \$1250 AND UP

CONTACT NAME: \_\_\_\_\_

NAME OF BUSINESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Mail this document with your check for your selected sponsorship to:

Jimmy Taylor  
3155  
81 Amy Court  
Heflin, Al. 36264

Phone: 256-201-3218 / 256-201-

Email: [tjimmeg63@aol.com](mailto:tjimmeg63@aol.com)

# TEE IT HIGH, LET IT FLY SUPPORT THE GIRLS!

## 17<sup>th</sup> ANNUAL LEA FITE MEMORIAL GOLF TOURNAMENT

MAY 30th, 2026----Pine Hill Golf Course

FORMAT: 3 Man Scramble----Cost is \$80/Player or \$240 Team

START TIME: 8:00 a.m.---- Shotgun Start  
Lunch will be provided following play

Player No. 1 Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No. and E-mail \_\_\_\_\_

Player No. 2 Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No. and E-mail \_\_\_\_\_

Player No. 3 Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone No. and E-mail \_\_\_\_\_

### PRIZES BASED ON FULL FIELD!!!

1<sup>st</sup> Flight  
1<sup>st</sup> Place Team: Paid Entry to  
Sunny King Classic  
2<sup>nd</sup> Place Team: \$300

2<sup>nd</sup> Flight  
1<sup>st</sup> Place Team: Paid  
Entry to Sunny King Classic  
2<sup>nd</sup> Place Team: \$210

Checks should be made payable to **Steel Magnolias Inc.** and mailed to:

Jimmy Taylor  
81 Amy Court  
Heflin, Al. 36264.

Cell: 256-201-3218  
Email: [tjimmeg63@aol.com](mailto:tjimmeg63@aol.com)

I guess it makes sense for worship leaders to wear jeans. In the Bible, the musicians at the Temple were all of the tribe of Levi.

"And to my children, I leave my filing cabinet full of warranties for appliances we no longer own"

Back in my day, we didn't have urgent care. We had mercurochrome, a Band-Aid, and a mom who said, 'You'll live.' And somehow, we did.

Gardening is all fun and games until you try to stand up after weeding.

Bet y'all ain't laughin at these Amish no more. They clickety-clackin right on past the gas station

Someone asked what's the difference between "😂" and "🤔"

😂 = Hootin  
🤔 = Hollerin

Interviewer: Can you perform under pressure?

Me: I can do the Bowie part, but I don't have the upper range to sing the Freddie part.

Next time gas go under \$2 imma put some in the freezer

Triscuits are what I imagine the inside of a scarecrow tastes like.

# Fundraiser

E E E D O N A T I O N S X R G Y N L  
 I A D N I V S P O N S O R S O O U P  
 D Q F R S H N S I G N S L X L A K W  
 Z F O O D T R U C K A Z J G F D D X  
 P K B E P K U Z A P H S E N T O O O  
 Y M N P I E S X M D T L W F O O Q L  
 M E E T I N G S H L W Z E Y U R W G  
 S S B P Q O Q Z C H N A L S R P A G  
 A N A X V X C R T L R J R C N R D N  
 B A K V O L U N C H C R Y L A I V P  
 G C E B L C O W U X A W S F M Z E D  
 D K S R U U Y R R V K P A L E E R U  
 R S A T N P V A A M E N L Y N S T X  
 I U L R T C Z D F D Z E E E T T I W  
 N O E J E A Q I F T X K K R Z T S S  
 K E N Z E K E O L Z T H K K U T E I  
 S X K P R E D S E A W W Y Y M H T J  
 G H D Q S S M H D C B Q G F W T U R

LUNCH	DRINKS	DOORPRIZES	GOLFTOURNAMEN
MEETINGS	DONATIONS	SPONSORS	FLYER
BAKESALE	SIGNS	CAKE	RADIO
PIES	VOLUNTEERS	JEWELRYSALE	FOODTRUCK
SNACKS	ADVERTISE	CUPCAKES	RAFFLE