



Multi-County Cancer Support Network

Bedford, Coffee, Franklin, Grundy, Lincoln,
Marion, Moore, Warren

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November 2009

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*Information in the newsletter is not intended
to replace medical advice. Consult your
physician before adopting any information
mentioned here.*

American flag presented to a faithful volunteer

For several years the American flag, which flies over the Walk-A-Thon, has been presented to a person who contributed significantly to the Walk-A-Thon. This year the flag was presented to Edward Spencer, a retired farmer who lives in Winchester.

This award was based on his years of volunteering by transporting the large stage that is used by the entertainers. At the third and fourth Walk-A-Thons, Ed provided a flat bed farm trailer and has since been responsible for transporting the existing stage from a farm storage area to the stadium.

His ability to maneuver the stage through the gates at the old Franklin County High School football field is unique. There is approximately three inches clearance on each side of the stage as it passes through the gates. He also assists in getting the stage enclosed with the top canvas and rear panels. When the Walk-A-Thon is over, he is always available to transport the stage to its winter storage location.

Thank you, Ed Spencer, for being a valuable volunteer.

*"Those who are not looking for happiness
are the most likely to find it,
because those who are searching
forget that the surest way to be happy
is to seek happiness for others.*

— Martin Luther King Jr.

Thank you — Walk-A-Thon participants and donors

It is hoped you received one of the Walk-A-Thon programs at this year's very successful event. The program listed much information about those who actively participated and those who chose other supportive roles. Many helped before and others have helped after the event. Each contribution, listed or unlisted, is equally important.

MCCSN would like to list every person's name, giving individual recognition, but that is just not possible in the space this newsletter allows. And always, when attempts are made to thank everyone who helped with an event such as the Walk-A-Thon, there is not just the possibility but the probability of leaving some out.

The individuals who will most certainly remember and appreciate all the contributors to the 16th Annual Walk-A-Thon are those who will be receiving needed assistance throughout the coming year, while undergoing treatment for their cancer. It is believed that all who took part in this and in other benefits do so for that reason. The love, respect and caring felt throughout attests to it.

So please accept this heartfelt *Thank You* on behalf of Office Manager Carla Glosson, each officer and each board member. Do take every opportunity yourself to thank others. This organization could not continue its work without *everyone's* help. You - individually and collectively - make it possible. It's called *networking!*



Please pray for all on the **MCCSN Prayer List**, for their families and friends (please keep MCCSN updated on status of each one!)

<p>Altamont: Joanne Childers Patricia Myers Bonnie Rieben Frances Tate Beechgrove: Leonard Bennett Glenn Ford Peggy Jacobs Bill Logan Morgan Myers James C. Sherrill Beersheba: Hershel & Brenda Perry Bell Buckle: Kathryn Kimmins Belvidere: Barbara Burton Logan Groce Levi Howard Annie Dean King Ralph McGee Lynn Moss Gloria Simmons Clifton: Robert Miles Coalmont: Amanda Bean Cookeville: Stanley Kinslow Cowan: Tim Lewis Ruthie Morrison Willia Wackerle Katherine Wilson Dayton Verenda Skiles Decherd: Wiley Baxter James Champion Tim Craig James B. Davis Richard Gipson Ida Hill Nancy Hopkins Bill Kelley Boston Mantooth Mabel Morris Leslie Kinslow Nard Charles Neely Zina Mirriam Womack Alden Woodall Estill Springs: Joyce Archey Sid Beckham Bob Burt Mary Cathy Polly Culbertson Kuldip Dhillon Gladys Dutz J. E. Hill Mark A. Hill William Ed Jackson Vern & Jean Kalt Rita Kelley Juanita Little Brian McDowell Wanda Morris</p>	<p>Estill Springs (cont.): Elizabeth Peters Vicki Peters Isabelle Rankin Johnny Ray Lynn Robinson Wayne Sanders Elaine Weaver Fayetteville: Becky Bankston Laura Grace Beck Bonnita Coulter Jeanette Keith Joyce Lester Rachel Logan Jean Strobe William Wright Flat Creek: Debbie Fanning Flintville: Jean Hall Megan Walker Gruetli-Laager: Geraldine Davis Christy Honeycutt Hillsboro: Karen Barnes Joy Elliott Kathy Webster Leland Whirrell Huntland: Linda Baggett Jason Deaton Kenny Eddens David Garner Benny Hill James Kincherlow Lindsey Knoer Marie Moore Joe Lynn Smith Jasper: Tim Bowlin Allen Cash Delores Cash Brenda Johnson Cody Raulston Kelso: Janice May Lynchburg: Virginia Amacher Molly Johnston Manchester: Jeannie Bowling Ina Brock Martha Buckley Hattie Burse Mary Bush Morris Cox David Fiske James Franklin Bonnie Gallaway Judy Garner Sarah Hale Barbara Hall Gary Hall Mary Ellen Hawthorne Gene & Lois Holmes Jess Lewis, Jr. Carolyn Lusk</p>	<p>Manchester (cont.): Ruth Mankin Tony Morris Nancy Orange Victoria Rigney Connie Sargent Erskine Sanders Gerald Adair Sinkfield Jean Waits Sharon Walker Frederica Williams Harlan Williams McMinnville: Carolyn Ashburn Hunter Bernhardt Donna Deland Connie Holt Monteagle: Doris Guyear Samuel Lee Thomas Morrison: Carolyn Swann Murfreesboro: Mike Holstead Nashville: Michelle Bush Mike Matheny Normandy: Edna Brazier Robbie Sheffield Rock Island: Sandra Grissom Sewanee: Erica deGrasse Janet Jacobs George Sargent, Jr. Dolores Snowden Clifford Tomes Linda Faye Weaver Shelbyville: Penny Barnes De De Bird-Reed Barbara B. Brown Danielle Crosslin Alice Davis Allen DeCosta Debbie Fanning Sammie Farris Cara Lee Francis Mike Head David Knight Dale Lovvorn Clarice Mallard Frank Mantanona Louise McAlister D. Richard McKamey Johnnie McCoy Lori Mitchell Sue Morphis Marilyn Phillips Lisa Pigg Lisa Renegar Debbie Rogers James R. Smith Karen Smotherman Ezralee Swing Carolyn Thomas Loretta Trust</p>	<p>Shelbyville (cont.): Betty Turner Retha Vogel Smithville: Katasha Leggett Barbara Morris Tracy City: Reba Cash Glen Church De De Henley Ralph Jones Gloria McFarland Betty McGovern Alphene Nunley Sue Parson Dava Scott Marie Turner Tullahoma: Stan Alexander Barbara Allen Wendy Batson Kate Bratcher James Huston Brown Kay Choate Billy Glenn Clark Mary Ruth Clark Bette Davis Carol Davis Nancy Davis Woody Dorrell, Jr. Juanita Dunlap Dot Elam Margie Evans Carolyn Farrar Dorothy Ferguson Billy G. Floyd Judy Gilliam Patricia Hardy Lisa Kay Hayes Mary Hice Carol Hogan Carol Holt Udeyne Hopper Edna Jackson LeRoy Jenke Eloise Johnson Eric Johnson Dawn Kane George Knoer Dan Langford Viva Mansfield Carolyn Michael Sherra Miller James W. Moore Ray Morgan Jayron Morris Alan Pegram Melinda Peterson George Rutland Becky Snell Joyce Stafford Amy Thomas Cheryl Underwood Peggy Underwood Michele Weddington James Yates Viola: Mary Alice Gamble</p>	<p>Wartrace: Nancy Glutch Debbie Hargrove Whitwell: Vera Bearden Chris Caldwell Jacob Caldwell Winchester: Josh Anderson Rebecca Baker Lucille Barker Doris Brock Thomas Brown Pam Burton Emily Carson Charles Thomas Clark Linda Commons Teresa Darvin Treica Davis Robert Everett Jackie Finney Donald Gipson Jo Ann Golder Linda Goodman Betty Hill Connie Hill Raymond Hinshaw Edward Horton Janet Hudson Mike Hunt Patty Johnson Brenda Lines Richard Lockmiller Sunnys Mantooth Martha Moran Barbara B. Morris Cora Morris Sherry Peacock Edith Pate Wil Price Kim Ray Delbert Reed Kyle Reed Donna Sanders Dwight Schultz Helga Shockley Mary Steele Sandra Stewart Roy Tankersley Mitchell Tucker Woodbury: Jerry Franklin Roberta Hill Alabama: Lynda Rickles Florida: Tammy Bess Vince Lee (Tampa) Georgia: Angie Rutland Ohio: Frank Toparis Texas: Mary Pack</p> <hr/> <p>Katie Gossett Malinda Pugh</p>
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Everyone invited

Monthly Support Meeting

Thursday, November 5, 2009
7:00pm

Church of the Nazarene
Hwy 41-A
Estill Springs, Tennessee

Speaker:
Ramneet Bhullar, MD
Cumberland Neurology
Winchester, TN.

Dr. Bhullar will talk about pain management which comes with cancer and its treatment

All supporters and survivors are encouraged to attend. We are very fortunate to have opportunities to gain invaluable information from such qualified professionals willing to freely offer their time and knowledge.

Newsletter folding

Tuesday, November 24, 9:00am

Thank you, Volunteers

Donations received

Thomas Curtis

DAV Ladies Auxilliary – Manchester

Additional sponsors of the Take A Kid Fishing Rodeo donation announced last month are Tracker Boat Center, Russell Barnett (automobile dealership), and Genesis Fiberglass Concepts

Thanks to each one from MCCSN

*"We make a living by what we get;
We make a life by what we give."
– Winston Churchill*

Readers respond to using website

Several responses to using the MCCSN website for reading the newsletter have been received and it is hoped many more will respond. Favorable comments about the site have also been made.

As stated last month, some savings will be realized from this method and those funds can be used in meeting the needs of those undergoing treatment for their cancer.

MCCSN appreciates those with internet capabilities taking advantage of this opportunity. Call the MCCSN office, if you are interested.

For your information

All survivors are invited to the Cancer Survivor's Hope Forum at Heritage Medical Center in Shelbyville, held on the third Thursday of each month from 7-8pm.

A rain check was given to the speaker scheduled for last month's support meeting, Kathy Finch, who was unable to come due to sickness in her family. Instead, the group had a round table discussion focusing on the experiences of each caregiver in attendance.

The MCCSN staff will be making plans for the annual Christmas party at their November board meeting. The event is generally held on the first Thursday in December, in lieu of the monthly support meeting.

So, keep this date open. A formal announcement will be given in the December newsletter to be mailed out and posted on the website on or about November 24.

Acknowledgments received

Thank you so much for your kindness & help during my husband's illness. I know that he appreciated it and so did I. Thank you also for the plant, that was very thoughtful.

Mrs. Rick Bland (Pam)

Carla, Thank you so much. I appreciate all that you've done. God Bless you. Thanks again.

Alice Saylor

Thank you for the plant we received in remembrance of Terry. We really appreciate all your kind thoughts and prayers.

Marlene & Halee Sells

Another opportunity to win a quilt & help MCCSN

Another beautiful, handcrafted, antique quilt has been donated as a benefit for MCCSN - this one by Barbara Grant of Winchester.

Tickets were available for a \$1 donation at a booth set up during Winchester's 'A Taste of Autumn' festival on October 17. Thanks to Ann Powell, Marcella McBee, Mary Ann Acklen and Janet Torstenson for helping, though their hours were cut short by the drastic weather change from autumn to winter.

Upon request and up until the drawing for the lucky winner in March, tickets can be made available at other sites and festivals throughout MCCSN's eight county area. Tickets may be obtained from Janet Torstenson at the Winchester Antique Mall, 122 1st Avenue NW, 931-967-9930.

MCCSN
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Winchester, TN 37398

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MAIL TO:

Memorials received

In Memory of Velton Carter
by Nell Parham

In Memory of Herman Crabtree
by Roy & Edna Tipps

In Memory of Porter Hardison
by Billie Overcast
Doris Smith

In Memory of Karen Hill
by Carol & Danny Stanley

In Memory of Pat Lodholz
by Kenneth and Betty Nutt

In Memory of Brenda & William Morris
& Mary E. Morris
by Dottie Darnell

In Memory of Jerry Naron
by Billie Overcast

In Memory of Buddy Overcast
by Billie Overcast

In Memory of Dwight E. Smith's
mother and sister
by Billie Overcast

Deepest sympathy

to the families who have lost loved
ones, including the families of

Bill (Maj. William L., ret'd) Bland
Ricky Bland
Andy Johnson
Phyllis J. Sprouse



*"The LORD is near to those
who have a broken heart..."*
— Psalm 34:18a NKJV

Memorials received

In Memory of Brenda Baggett Starnes
by Mildred Baggett

In Memory of Mose Wilson
by Nell Parham

Honorarium received

In Honor of Linda Goodman
by Lindsey and
Ronald Dale Winton, Jr.

"There are three kinds of giving:
grudge giving, duty giving and
thanksgiving. Grudge giving says,
'I have to'; duty giving says, 'I ought
to'; and thanksgiving says, 'I want to.'
The latter comes from a full heart.
Thanksgiving is an open gate into the
love of God."

—Robert N. Rodenmayer

MCCSN wishes you a full heart this
Thanksgiving!