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September 10, 2007

Issue 2

Love, Strength, & Hope: The Mautner Project's Annual Gala

You are cordially invited to the 17th Anniversary Gala! Enjoy dinner, dancing, entertainment, and more all benefitting the Mautner Project -- *Your* National Lesbian Health Organization.

17th Anniversary Gala Dinner
Saturday, September 29, 2007
Hilton Washington & Towers Hotel
1919 Connecticut Ave. NW
Washington, DC 20009

Auction & Reception 6 p.m.
Dinner at 8 p.m.

Entertainment by comedian
Rene Hicks

Buy your tickets now online or call us at 202.332.5536.

***Volunteer at the Gala!* If you're looking for a fun way to help out, give us a call or email ssanford@mautnerproject.org.**

***VIP Art Preview:* If you're an art lover, you won't want to miss this special preview of original created especially for the Gala! Please join us on Thursday, September 27th, from 6 - 9 pm at: Fine Art and Artists Gallery 2920 M St. NW (in Georgetown) Washington, DC 20007**



It's Time to Quit.

Smoking affects us all in the LGBT community including our partners, our children, and even our pets! Looking for a way to quit? Let Mautner show you that you too deserve to breathe better and be healthier.

Contact us now by calling 202.332.5536



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Healing Touch Workshop for Breast Cancer Survivors and their Care Givers

with Micheala Donahue,
 Certified Healing Touch
 Practitioner

In this interactive wellness session, breast cancer survivors and their loved ones harness the power of Healing Touch, a relaxing and nurturing energy therapy. Take this opportunity to learn about Healing Touch and get more information about resources available during and after cancer treatment. Wear comfortable, loose clothing.

Refreshments served.

Bring a friend or come on your own!

or emailing mautner@mautnerproject.org



Ask Ms. M!

Dear Ms. M: Every time I go into my general practitioner or my gynecologist, they ask me if I perform a monthly self-breast exam. I know early detection is important - but I'm 23! Do I really need to start doing this now?
-- Young One

Dear YO: In a word - YES! Absolutely! Now for a more detailed answer. There are actually a variety of reasons why you should be doing a breast self exam every month. First of all, you don't need to think about it as "looking for cancer;" who wouldn't dread doing that on a regular basis? Instead, try thinking of it as getting to know your breasts better. For most women, a "lumpy" or irregular texture is normal, but you'll need to be very familiar with what is normal for your body in order to recognize unusual changes. If you do find any changes, you'll be able to share information with your care provider that could be invaluable - which you can learn in only a few minutes every month! Finally, young women can and do develop breast cancer, and before you start having regular mammograms, self-exam is a valuable tool for early detection. For more information and resources, check out the Young Survival Coalition. For more information on how to examine your breasts more thoroughly and effectively, give the Mautner Project a call at 202.332.5536, or take a look at Komen's online tutorial.

Got a question about any aspect of your health? Ms. M has got the answers! Just send an email to ssanford@mautnerproject.org.

Calling All Daytime Driving Volunteers!

Fall is a great time to make new friends. You can discover a lot about a person driving a Mautner client to a medical appointment. The scenic view of the George Washington Parkway can lead to conversations about an early childhood memory or the latest Mystics' game. If you have a weekday or part of a day and would like to volunteer with us, please call 202-332-5536 or e-mail cfoley@mautnerproject.org or lbiros@mautnerproject.org.

Executive Director Search

Mautner Project seeks an exec. Dir. to lead organization dedicated to improving the health of sexual minority women and their families. Founded in 1990, Mautner has 5 staff, 8-mbr board and \$1 mil. budget. Great oppty. for visionary leader with expe. working in health care field and diverse communities. Requires 8-10 yrs. sr. management exp., fundraising success. See [Transition Guides](#) for more details. To apply send resume, cover ltr and salary reqs. to mautner@transitionguides.com (email apps ref'd) or fax 301.439.6638.

Cost: Free! But you must RSVP to attend. Call 202.332.5536 or email cfoley@mautnerproject.org.

It's Your Health.



**Learn more about it!
Take a journey towards
health by joining S.H.E.
Circle!**

Spirit Health Education (S.H.E.) Circle is a health and wellness community for African American lesbian, bisexual and same-gender loving women.

Find out more by visiting us online or by calling 202.332.5536.

Save the Date!

The 5th annual National LGBTI Anti-Tobacco Summit, "Expanding our Movement: Lessons from the Field," will be taking place on October 23, 2007 in Minneapolis, MN. This year's

keynote speaker: Dr. Francisco O. Butching, vice president of CLASH (Coalition of Lavendar Americans on Smoking and Health). Don't miss out on the best opportunity to network with others in the field of LGBT tobacco control and health! Find out more details by visiting the [LGBT Tobacco homepage](#).

Interested in giving a workshop at this conference?

Abstracts are now being accepted [here](#). Forms must be received by COB, August 14th PST. Topic focus this year includes: reaching underserved/hardest to reach LGBTIQ populations, future advocate training, LGBTIQ tobacco control and social justice, LGBTIQ inclusion in mainstream tobacco control efforts, investigating LGBT targeting tactics, and other topics exploring how to expand LGBTIQ tobacco control.

The Mautner Project improves the health of lesbians, bisexual, and transgender women who partner with women, and their families, through advocacy, education, research, and direct service. We envision a healthcare system that is guided by social justice and responsive to the needs of all people.

Health Education Team

Mautner Project: The National Lesbian Health Organization

202.332.5536

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