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## Happenings at Mautner: November is Lung Cancer Awareness Month

**November 13, 2008**

Visit Our **BIG LOVE** Website!



### **BIG LOVE**

*Our 19th Anniversary  
Gala*

*Valentine's Day  
Dinner and Dance*

**February 14, 2009**

**6:30 PM - 1:00 AM**

Omni Shoreham Hotel

2500 Calvert St. NW

Washington, DC 20008

Ticket Price: \$200

### *Featuring*

A special performance by

**BETTY**, who have been  
featured on

The L Word!

*And*

The Return of the

**BIG DANCE**,

with music by DJ JFX

Your participation,  
whether it is through  
sponsorship, auction  
donation, in-kind

### Did You Know It's Never Too Late To Quit?

When you quit smoking, your body gets to work healing itself immediately. After just twenty minutes, your heart rate is back to normal. In less than a day, the levels of carbon monoxide in your blood are the same as a nonsmoker's. Within one year, your added risk of coronary heart disease is only half that of a smoker's. As you remain smoke-free over the years, your risk of cancer of the lung, mouth, throat, esophagus, bladder, larynx, kidney, pancreas, or cervix decreases. Now that's something to fill your lungs and shout about!



### Everything Happens For A Reason: Part 2 A Personal Story About Breast Cancer



*The Mautner Project is excited to share breast cancer survivor Lisa Williamson's story of an incredible journey. Here is Part 2 of 3. Stay tuned for more in the next newsletter - and coming soon, the complete story on our website!*

So where does the motorcycle license come in? Well, after I was diagnosed I attended the Young Survival Coalition Conference in February 2007. In the exhibit hall I noticed a booth with pictures of women on motorcycles. It got my attention. This is how I discovered Amazon Heart Thunder. Amazon Heart is a peer support group of breast cancer survivors who go on adventure trips. One of those trips is Amazon Heart Thunder, a yearly motorcycle ride up through California from Los Angeles to San Francisco. The bonus was that Harley Davidson donated the use of brand-new bikes for the participants and gave us leather riding jackets. Riding through California on a Harley wearing a brand new leather jacket - sign me up! This past September, I was finally able to participate in Amazon Heart Thunder.

Before I had cancer I would have never gone on a trip with 19 other women who I had never met before. But, something about this group attracted me. Here were women who had survived breast cancer and

donation, or program advertisement, will help raise funds to improve the health and well-being of all women who partner with women and their families through direct care services; the education of healthcare providers; community outreach and education; and research, advocacy and activism. For more information, please contact Jeanie Adkins at [jadkins@mautnerproject.org](mailto:jadkins@mautnerproject.org).

they were around my age and loved motorcycles. I admit that originally my main focus was the fact that I got to ride a motorcycle in my favorite state in the nation. I thought it would be an awesome vacation, which it was, but it turned out to be so much more.

A few days into the trip I started to really get to know some of the women. We shared stories and I realized that these women "got it." We had gone through something awful but didn't want to spend the rest of our lives wringing our hands and acting like victims. We wanted to live. We wanted to do things we hadn't done before. We wanted to bond with others who had similar journeys and a similar outlook on life. We wanted to laugh about things that had become permanent parts of our lives that our friends would have been horrified about - like fake nipples!

The biggest thing that struck me was that these women were able to be completely honest about their experience. There were no family or friends present we had to be strong for or censor our words for. No one had to put on a brave face or be hesitant to talk about being scared whenever it was time for a checkup or a mammogram. We all understood. For a lot of us, it was the first opportunity to speak so honestly and examine some of the emotional scars we collected in addition to the physical ones...

*To Be Continued! In the meantime, check out our website for information and resources on breast cancer and more at [www.mautnerproject.org](http://www.mautnerproject.org). Thanks again to Lisa for sharing her story with us.*

## In the Community

[Register today](#) for the **National Lesbian Health Summit!** The summit will be held March 6-8 in San Francisco, California, and will welcome all lesbian, bisexual, and queer women and transgender people as well as all of our LGBTIQ friends and allies. It's not too late to submit a workshop proposal or too early to register, so visit the [website](#) today!

If you are **Asian American and have been diagnosed with cancer**, you are eligible to participate in a study about "The Use of Internet Cancer Support Groups Among Asian Americans Living with Cancer." Participation involves an internet survey taking approximately 30 minutes, and an optional online forum. Reimbursement is available for participants. To learn more or participate, please visit the [website](#).

**Mautner Project: The National Lesbian Health Organization**  
1875 Connecticut Ave, NW  
Suite 710  
Washington, DC 20009  
202.332.5536  
[info@mautnerproject.org](mailto:info@mautnerproject.org)

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.

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