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Mautner Project

The National Lesbian Health Organization

Happenings at Mautner: Raffle, EDUcate Party, Stress Workshops and Lots More!

October 14, 2009

Dedicate Your Time, Change Lives!

In just a short period, you could make a difference in our community.

We're looking for a breast cancer survivor who is interested in co-facilitating a support group at Mautner Project. No experience necessary but **you must be available to attend a training workshop at [Network of Strength](#) on November 7 and 8.** (Also, must be out of treatment for one year.) **If interested, please contact Elizabeth Ide at 202-332-5536 or eide@mautnerprojec.org**

Mautner Project is Speaking OUT in the Community



On Monday
October 5,
Mautner
Project's
Executive
Director
Leslie
Calman spoke

to an audience of 40 regarding
lesbian health issues at the

Take a Chance and Win Big!

RAFFLE FOR A REASON THIS SATURDAY, October 17!

Come join us for an evening at Town Danceboutique and reconnect with your Mautner Project family. We will be hosting the raffle drawing there at 11:15 pm so if you haven't bought your raffle ticket yet, **call us now!** **As long as they're still available, we will be selling raffle tickets the night of, up until the time of the drawing.** We look forward to seeing you there!

This year's raffle prizes include:

- **1st Prize: \$5,000** in cash
- **2nd Prize: Round-trip airfare for two** on American Airlines to **48 states, Canada, Mexico and the Caribbean** (restrictions apply)
- **3rd Prize: \$1,000** gift certificate to **I. Gorman Jewelers**

Tickets are **\$100 each.** You can purchase your tickets by calling **202-332-5536 (ask for Jeanie)** or by sending a check to: Mautner Project, 1875 Connecticut Ave. NW Ste. 710, Washington, DC 20009

Drawing will occur on Saturday October 17, 2009 at 11:15 pm (winner need not be present to win). **Your raffle ticket gives you free entry to Town!**

Where: Town Danceboutique, 2009 8th Street NW, WDC 20009

For more information on the venue, [please click here.](#)

All funds raised benefit the Mautner Project's Health, Education, and Direct Services Programs!

Odds of Winning: 3 in 500

Aggregate value of raffle prizes estimated at \$7,500

Must be 18 years of age to enter

Montgomery County National Organization for Women (NOW) meeting in Wheaton, MD.

Mautner Project is also pleased to announce that we will continue work with the American Lung Association of DC (ALADC)

as the lead group working on smoking cessation in the LGBTQ community in DC. We are pleased and proud to be in partnership with ALADC to lead this vital work.

Nutrition, Herbs and You!

Mautner Project is offering **Nutrition, Herbs, and You: A four part workshop series**



with Monica McCollin, M.S., a Clinical Herbalist and Nutrition and Wellness Consultant. (To learn more about Monica, please go [here](#).) Each session will be held from 4-5:30 pm at our office at 1875 Connecticut Avenue NW, Suite 710. We are offering the workshop series at **no charge**, but **pre-registration is required**.

The workshop schedule is as follows:

Sunday, October 25th, 2009:
Nutrition 101

Sunday, November 22nd 2009:
Stress Relief

Sunday, January 24th, 2010:
Immune Boosting Foods and Herbs

Sunday, February 28th, 2010: Beat Stress and Improve Mood through Herbs and Nutrition!

All are welcome, especially cancer survivors and caregivers.

Licensed by: D.C. Lottery and Charitable Games Control Board

Mautner would like to thank its generous sponsors for this event:



Her Spirit Lives On

Mautner Project Celebrates the Life of Lisa Warner (1.4.1959 - 9.13.2009)

Mautner Project celebrates the life of our dear friend, Lisa Warner, who passed away after a stroke on the morning of Sunday, September 13th, 2009.

Originally from Brooklyn, NY, Lisa had shared a home in Arlington with June Starke, her partner of nine years, who passed away in July.

Lisa loved science fiction and fantasy, and even wrote fan fiction for Harry Potter and Star Trek. She earned an English degree from Stony Brook University in 1975, and served as Secretary for the Science Fiction Forum.

Lisa was a cheerful, sunny person who instantly lifted the mood of any room she entered. She had an amazing ability to make friends everywhere she went. Never allowing the challenge of blindness to dampen her spirit, she was an inspiration to many who knew her. Lisa is survived by her sister, Sharon Cohen, her parents, Ralph and Elaine Selitzer, two beloved nephews, and countless friends.

We will miss her greatly.

Breastivus for the Rest of Us - October 24

EDUcate & Touch Yourself for Breast Cancer Awareness Month!

Come on out and celebrate breast health at a fun filled event to launch our new breast health education program **EDUcate***!

- See how to do a breast exam from a few members of the local burlesque troupe DC Gurdy Show!
- Fun breast-health themed games!
- Enter our drawing to win some fantastic prizes



Date: **Saturday, October 24, 2009**

Address: **1824 R Street NW** (19th & R) Dupont Metro

Time: **6 pm**

Please RSVP with Ashlee at aburks@mautnerproject.org

You Can Stop, We Can Help!



If you're looking to quit smoking, we are here for you! We welcome you to join our

LGBTQ-NS program. We offer free patches and lozenges for DC residents.

Non-smoking means...

~No stinky clothes, rooms, or car, and no more smelling like an ashtray.

~New Savings: At least \$2,200 a year!

~No secondhand smoke around your pets and loved ones!

Tips to quit:

~Pick a Quit Day, and stick to it!

~**Get support:** Call 1-800-QUIT-NOW, join an LGBT-friendly support program, or ask friends or family members to help by reminding you why you decided to quit.

~If you slip, don't worry! Use it as a learning experience, and try again.

[Keep your eyes open for more work on this from Mautner Project!](#)

For more information, please email dmagrini@mautnerproject.org or call 202-332-5536.

Calling all LGBT Allies!



For more information on this event or on how to create your own breast health event, **please contact Rachele at 202.332.5536 or rdixon@mautnerproject.org. Please RSVP to Rachele by Wednesday, October 21st.**

***EDUcate: Eliminating Disparities for the Underserved** is designed for currently low-income African American lesbian and bisexual women of all ages in the DC metro area, and is generously supported by the Susan G. Komen for the Cure.

Stay Connected, Support Mautner Project



Mautner Project is pleased to announce that we will receive a donation from Verizon when you order a new qualifying residential Verizon product. A Verizon FiOS Triple Freedom(SM) order will generate up to a \$65 donation. In addition, you'll get all the currently advertised promoions, so order today!

How to place your order:

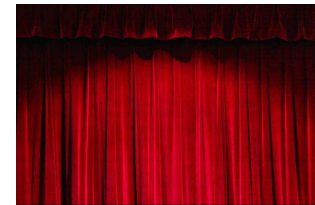
- 1) Call 1.888.695.5299
- 2) Say "YES" to the first prompt
- 3) Provide our code 13313 to the Verizon representative

For more information, please [click here](#).

Already have Verizon? Pass [this flyer](#) on to friends and family in MD, DC, VA and WV so their new order will help us too!

Enjoy a Theater Series, Support Mautner Project!

Hope Opera has chosen Mautner Project as one of its beneficiaries for its six serialized shows that run for six weeks. Each week, each serial presents a 15-minute episode. **20 MILLION BREASTSTROKES TO EARTH is the show that will benefit Mautner Project.** 20 MILLION



BREASTSTROKES TO EARTH stars Lucrezia Blozia, Nkemjika Ofodile, Oscar Ceville, Yasmin Tuazon and Hugh Bris with special appearances by local tv celebrity Dick Dyszel (Count Gore de Vol, Capt. 20), local drag royalty Shiqueeta Lee, art impresario Philippa Hughes and a host of great local theatre talent including Helen Hayes winner Jennifer Mendenhall, who are all generously donating their time to this Hope Opera, a 6-part benefit.

Audience members will be invited to vote for their favorite serial and proceeds will be distributed to the beneficiaries accordingly. So come NEXT Monday, October 19th (or every Monday if you'd like!) and **vote for 20 MILLION**

BREASTSTROKES TO EARTH! Hope Opera began Monday, October 5th and will run **every Monday night through November 9th** at 8:00 pm at Miss Pixie's Backroom Palace at 1626 14th St., N.W. Admission is \$10.

Here's a chance to voice your support! 941Action is a new organization that is being created by straight allies for straight allies. Please help Mautner Project, a proud endorser of 941Action, get the word out to straight allies to take their online survey. The survey takes less than 5 minutes to complete and will provide key information about why allies support equality, how they want to speak out, and how they prefer to be mobilized. The results will be used to develop a Web-based strategy to provide opportunities for straight allies to voice their support. Let's get behind this and make sure that the voices of straight allies in the health care field are heard loud and clear!

Take the [survey](#) (if you're straight) and forward it to other allies!

Want to help Mautner Project Win \$10,000 to Expand Vital Services for the LBT community?



Christie Cookies has decided to use the celebration of its 25th

anniversary by creating the Christie Cookie \$25,000 Charity Giveaway. **From now until October 15, 2009, people can nominate their favorite charity to win.** The most-nominated charity will receive a check for \$10,000. The runner-up wins \$5,000 and 10 more will receive \$1,000 each. **Nominations can be made online at www.ChristieCookies.com in a simple, less than two-minute contest with one entry per person/email.** All you have to do is nominate us! **Take 2 minutes of your day to nominate Mautner Project and help in changing the lives of women who partner with women!**

Events In the Community

GWCI Symposium

The GW Cancer Institute (GWCI) Center for the Advancement of Cancer Survivorship, Navigation and Policy is hosting its inaugural **Cancer Survivorship Research & Health Disparities Symposium TOMORROW, October 15, 2009.**

Cancer patients, survivors and caregivers, as well as full-time students may attend free. The cost is \$150 for the public. For more information, please visit: <http://www.gwumc.edu/caSNP/navigsurvivor.html>

Food for Breast Cancer Patients

Washington Cancer Institute is partnering with Food & Friends and Breast Cancer Network of Strength to offer Dinner on Us for breast cancer patients in the Washington, DC metropolitan area. This event will take place on **Tuesday, October 20, 2009 from 6 pm to 8 pm.** The dinner will include a cooking demonstration and a discussion on optimum breast health maintenance. Please bring a female family member or friend who would benefit from



Breast Cancer Network of Strength's discussion on optimum breast health maintenance. Space is limited, so **please RSVP to Robin Bunch** at the Washington Cancer Institute by phone: **202-877-6681.**

The WAWF is Looking for Volunteers!

The Washington Area Women's Foundation is looking for a few good volunteers who are excited about rolling up their sleeves and delving into community grantmaking! And WAWF would love to see more representation from the lesbian community. Learn about the many organizations doing outstanding work in your own backyard, make new friends, and experience grantmaking from the inside out! To help WAWF select its Leadership Awards, and to learn more about what's required, **contact Nicole E. Cozier at 202-347-7737 / ncozier@wawf.org.**

Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) is an opportunity to take this issue to everyone positioned to be a confidant and a lifeline to women and girls. It is an opportunity to encourage men to stand up, speak out and become advocates for women and children in danger.

It is an opportunity to call, in a unified voice, for the reauthorization of the Violence Against Women Act (VAWA) and the introduction of the International Violence Against Women Act (IVAWA) -- our advocacy efforts ringing loud and clear from our home towns to Capitol Hill.

Throughout October, Jewish Women International (JWI) is posting 31 stories of abuse to their blog - one each day - giving voice to 31 people whose lives have been touched by abuse. Please go [here](#) every day to join the discussion and share in the stories - and perhaps to submit your own.

Even a whisper, when joined with others, can cover a great distance. This month, we will be heard.

Mautner's Official Florist, JLB Floral



We are pleased to announce JLB Floral Inc. as the official florist of Mautner Project. Order your flowers and centerpieces and 5% of your total purchase will be generously donated in support of Mautner Project's local and national health programs.

Call (703) 751-4031 and mention Mautner Project with your order. Let JLB Floral provide flowers for any occasion or celebration in 2009 - and you can contribute to Mautner's efforts in helping the lives of others.

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1875 Connecticut Ave, NW
Suite 710
Washington, DC 20009
202.332.5536
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Research In the Community

Participate in a Lesbian Empirical Study

A lesbian researcher at the University of Tennessee is conducting an empirical study examining attitudes, feelings, and experiences associated with being a woman who experiences attraction to members of the same sex. This online survey will ask questions about feelings, thoughts, and experiences you may have had as a sexual minority person and as a woman, ways you cope with life's challenges, psychosocial well-being, and demographics. **If you are a woman who is at least 18 years old and has experienced same-sex attraction**, you are encouraged to take this study.

The survey is confidential, and takes about 45 minutes to complete.

After you have completed and submitted your survey, you will be eligible to enter a participant raffle awarding a **\$100 Amazon.com gift certificate** to one randomly selected participant. If you would like to participate in this research study, please click [here](#).

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.

Mautner Project: The National Lesbian Health Organization | 1875 Connecticut Ave, NW | Suite 710 | Washington | DC | 20009