

May Program:


If It Be Your Will: The Secret Art of Graceful Service Through Submission

Presented by

Mister Goldberg & girl kim

Friday, May 24, 8-10 pm (doors open at 7:30)

Center for Sex and Culture (1349 Mission in SF, between 9th and 10th)



NOTE: Program is on the 4th Friday this month, so as not to conflict with the Northwest Leather Celebration weekend.

While many of us yearn to be of use in achieving a goal for, or in satisfying another, common issues like ego, pride, and self-desire can often prove as profound barriers to deep submission. Conversely, these same matters – ego, pride, and self-desire – can provide an incredibly solid foundation for graceful service (and training gracefully!) when wielded affectively. This workshop will explore the deeper calling to serve, as well as some of the very real barriers that get in the way – and how we might be our best, most graceful selves in those moments of service that are most challenging. As with most matters in Dominance and submission, service is both a matter of heart and mind, and a subject quite close to the hearts of Mister Goldberg and girl kim, who are pleased to be able to offer these magnified discussions regarding submission and service for The Exiles. This workshop will include learned lessons from both Dominant and submissive perspectives, plus scenarios, discussion time, and Q+A.

About Our Presenters: Mister Goldberg is a gentleman and a scholar who has been involved in leather ever since wandering in to IML fifteen years ago. A believer in intent, effort, integrity, thoughtfulness, and care, Mister Goldberg highly values critical thought, attention to detail, and excellent manners. Dominant and traditional both, she enjoys dinner on the table by Seven, the paper with coffee on weekends, and being in a tight-knit leather family with Madame Rebecca. A Daddy in all matters of the heart and a Sir in less intimate affairs, Mister Goldberg likes nothing more than an exposed soft underbelly, and nurturing with a firm but loving hand.

girl kim has been active for over 15 years in the BDSM community, and she identifies as a Queer Femme Switch. kim started learning from a Dominant mentor, but then discovered she has a submissive side and spent two years training with a Major Doma learning the traditions and lessons of being a submissive from a more old-guard perspective. It is from these lessons that she has grown as a submissive and leather woman. Currently, she is in service to Master Scott aka Scotty and Dominant to laurie. Some of her accomplishments and past experiences include, but are not limited to the following: SF leather dyke grll 2002, member of Mama's family since 2002, member of the Exiles, and over 7 years as an active member of ACLC. kim has participated in various educational panels or discussions and is proud to present this topic to you with Mr. Goldberg.

Program Meeting Information

- All women (and those whose gender self-identity is other than male) who are over 18 are welcome.
- We have sign language interpreters at all of our meetings.
- Members \$4; non-members \$10. Please have membership card or ID ready to speed entry.
- Visit our [website](#) for more information.

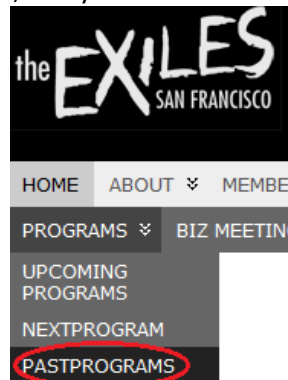
Directions: The Center for Sex & Culture is located at 1349 Mission Street, between 9th and 10th Streets, in San Francisco. It is two blocks from the Civic Center BART station and the J, K, L, M, and T MUNI Metro lines. There is ample street parking in the area.

CLUB NEWS

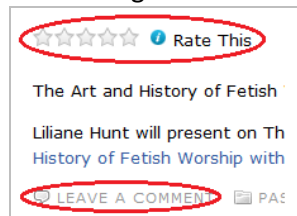
- The **next Exiles program is on the 4th Friday this month, May 24**, so as not to conflict with the Northwest Leather Celebration weekend, May 17-19 in San Jose.
 - Speaking of NWLC...if you're going, be sure to come by for the **Exiles' Champagne and Chocolate social** in the host hotel (the Doubletree, 2050 Gateway Place, downtown San Jose). The festivities are on **Friday, May 17, 8-10 p.m.** on the 10th floor in the Presidential Suite. Join us!
 - You are encouraged to attend the **next Exiles business meeting on Sunday, May 5, 5-7 p.m.** at the Women's Building, Room A, 3543 18th St., San Francisco. Please join us and make your voice heard! (There is a possibility the location for this meeting will change, though it'll still be in San Francisco; we'll update [the website](#) Sunday morning if there's a change.)
 - Want to serve? **There are still a few officer slots open.** Volunteering with the Exiles as an officer is a great way to meet people and to help shape the club into being the kind of organization you'll be excited about being involved with! Current officer vacancies include:
 - **Doorkeeper:** Manages the door at monthly programs.
 - **Volunteer Coordinator:** Recruits and manages volunteers for the monthly programs, Orientations, and other Exiles events.
- A great way to learn about these positions is to attend the business meeting on May 5 (see above), but if you can't, please email cocos@theexiles.org , stating which position you're interested in.
- Know a woman who's interested in kink but too shy to go to a meeting alone? Bring her to our next **New Member Orientation**. Current members are more than welcome to join in on the fun! The next orientation is on **June 7, 7:30-9:30 p.m., at the Women's Building in San Francisco.**
 - Where's all the action the last weekend in June? In **Leather Alley at SF Pride!** Get a front-row view of it all: **volunteer at the Exiles booth!** Join us to set up and/or tear down our booth, hand out Exiles flyers, and be an ambassador for our club. To sign up, please email cocos@theexiles.org.
 - We'd love to hear your suggestions for the rest of **this year's program schedule**, especially if you have someone in mind to present a topic and/or can help contact them. Or maybe you'd like to present yourself? Contact cocos@theexiles.org.
 - The Exiles is turning 15, and we're throwing a **15th Anniversary Bash!** Want to help make it an event to remember? Please contact cocos@theexiles.org.

CLUB NEWS, continued...

- Are you looking for new play partners? A spring fling? True love? As an Exiles member, you can place a **free business-card sized personal ad in the Fringe!** Email the ad to fringe_editor@theexiles.org by the 15th of the month to appear in the next month's Fringe.
- Did you know you can **rate and comment on Programs on our website?** From the home page, click on Programs, then PastPrograms, and you'll see all of them.



Find the one you want and click the rating stars or *Leave A Comment* to tell us what you thought:



April Program Report

by Summer Hill

Ergonomic Roughhousing: A Hands-On Workshop

Presented by Lamalani

Lamalani's introduction to this program began with a brief bio of herself and how this class came about. She began as a percussionist in acoustic space. To demonstrate, she took out a pair of drum sticks and showed us the flick technique used to play drums – which can also be used in hitting with various implements. After several visual examples of how *not* to bend the wrist and how to lightly grip the tool between the thumb and forefinger, she then invited members of the audience to come up and practice the correct way to use a paddle, cane, or other hitting implements. Lamalani also shared that when she lived in Seattle, she was part of "Home Alive," which was a program aimed at teaching self-defense to women.

Next Lamalani demonstrated several hitting techniques. She emphasized how the shoulder, elbow, and wrist must sit in alignment when hitting with a straight forward punch, then demonstrated how the bottom of the hand works much better. She called this a "hammer" strike. Building on this, she added a pivot with her hip to make the impact even stronger. The next strike Lamalani demonstrated was a palm strike, which was particularly effective with body strikes. Then she showed us an elbow strike, done by holding the arm up and striking with the flesh just below the elbow, not with the elbow bone itself. The audience was once again given the opportunity to practice with some hands-on help from Lamalani.

Our presenter then moved on to body mechanics and demonstrated how to fall correctly as well as how to get out of a headlock. Lamalani also demonstrated kicking with either the top of the foot or the side, as one would kick a soccer ball. Moving on to grappling, she showed how to get out of a situation where one could be pinned. She took time to answer specific questions from the audience on how to achieve this even when one is unable to do the same movement that she demonstrated, such as when someone has a bad shoulder.

We look forward to Lamalani presenting again for us in the future.



Business Meeting Minutes, March 2013

(Errata: The following minutes were published in the April Fringe under the heading "February 2013." They are, in fact, the March business meeting minutes, and are being republished here under the correct heading.)

Attendees: Ann, Countess, Marilyn, Michelle, Ramsey, Rio, Roz, Summer, Val

Recognitions: Ramsey recognizes Lou for helping with database & Michelle for getting logo on Facebook. Rio recognizes Ramsey for being membership officer w/out working database all year.

Review of Action Items List:

- Ramsey talked to Sinclair and they cannot at this time without compensation.
- Rio and Lou working on getting programs listed 6 months in advance.
- Steering committee meeting postponed till after elections.
- Membership emails have not gone out because we don't have a complete database.
- Supporting membership in progress, Countess is working on this.
- Leather Alliance Rep: Allison: discussion on whether she will or should be our rep. Rio would like to be alternate and will continue to look for a rep.
- Rio willing to coordinate with Tracy for IMsL/NWLC.
- Ramsey working with Lou on form letter for renewing members, Marilyn willing to help.

Review of Online Decisions: Ann reinstated as Sergeant-at-Arms due to misunderstanding.

Old Business:

Post Mortem of February Program (History of Fetish): Some skepticism beforehand about not having a demo, but overall consensus was a great meeting. Ann appreciated that it was inclusive for bi members.

IMsL hospitality: Rio will contact Bethie to get info about last year. Working with SFgoL.

NWLC Social: Perhaps use leftovers from IMsL, but perhaps also Ghirardelli chocolates. Rio to contact them for a donation and/or discount.

Telecon: Bennett's proposal. Postponed.

Possibility of having a separate email list just for the voting people: Postponed until Lou is here.

Gabrielle's volunteering to do more PR in the South Bay: Take her up on it when we have palm cards.

Steering Committee meeting: Discussion postponed until after elections.

Another patch sample: Postponed

Separate biz email list for active members: Proposed, does not pass.

Business Meeting Minutes, March 2013, continued...

New Business:

Ballots: Discussion of whose name will be on the ballots.

Generic palm card: Include general dates for orientation and info about becoming a member, in addition to our regular palm cards. Proposal passes to do this, with a budget of \$100.

March Program: Everyone think about it and help spread the word.

Officer Reports:

Co-coordinator (Rio): This year is our 15th anniversary, wants a big reception in fall open to all (men?) maybe at the Eagle. Will ask the leather alliance for \$500 for this.

Co-coordinator (Lou): (absent, sent in report)

- Perhaps a fire play class.
- Possible \$\$ for out-of-towners?
- Want to discuss labeling workshops *beginner*, *intermediate*, and *advanced*, and offering a variety.
- Working on an intermediate-to-advanced knife play class.
- Have people interested in teaching and would like to go ahead and start booking them, but I need someone to assist me to help keep all the pieces in place.
- If anyone has ideas for presenters and you have checked with them, please pass along their contact info to me. Please DO NOT just send me names without checking if they are interested. I cannot follow up on random leads.

Treasurer (Angel): \$2,056.75 available funds; this balance includes the O/S \$100 receivables due for the NWLC sponsorship

Membership (Ramsey):

- Still problems with the database. Val will talk offline to work it out. Ann and Countess also volunteered to help.
- Need a news announcement for Supporting Membership.
- Membership renewal letter update.
- Will work on making and sending out a general renewal letter.

Doorkeeper (open): Details of the door and table sales from Friday, 2/15/13, Liliane Hunt's program:

- Members: 10, Reciprocal: 3, Nonmembers: 12 (1 discounted) - \$166. Sales: \$36
- Not making the rent. Rio will contact Carol about not increasing our rent, due to the state of our finances.

Newsletter Editor (Marilyn): Hoped to get it out well before the biz meeting, but didn't.

Orientation (Val): none this month

Business Meeting Minutes, March 2013, continued...

PR/Publicity (open):

Sergeant-at-Arms (Ann): Apologizes for missed communication has been worked out with Lou. Has had health issues and that is the reason for her absence. Program had one issue with one person who didn't know what was going on but it was handled.

Volunteer Coordinator (open):

Website Manager (Countess):

- Website visits were down to 600, (50%). Causes discussed (from Countess and others) were lack of new content and PR, and people can't get on our list at programs.
- Generally liked that idea if we can work out distribution lists. If so, announce at programs. Discussion of distribution list postponed until after elections.
- Suggests we do all the email at once with a mail merge. Will result in less work and we have done this in the past.
- To cover PR Countess suggested automatic mail merge. Not sure this will work because people need to be on the list first.
- Still some concerns about finding things on the website. Please contact Countess with specific concerns.

Exiles Officers

<http://theexiles.org/contact/>

Co-Coordinators:	Rio and Lou
Treasurer:	Angel
Membership Officer:	Marilyn
Recorder:	Ray
Orientation Officer:	Val
Website Manager:	Countess
Sergeant-At-Arms:	Ann
Doorkeeper:	(open)
Newsletter Editor:	Suzanne
Outreach/PR Officer:	Randi (acting)
Volunteer Coordinator:	(open)

Business Meeting Minutes, February 2013

(Note that since we now publish minutes a month in arrears (so that they can be approved by the biz group before publication), what you see here may not be the latest information. If you have any concerns or questions, feel free to contact cocos@theexiles.org or come to the next biz meeting.)

Attendees: Bennett, Countess, Lou, Marilyn, Michelle, Randi, Rio

Recognitions: Rio recognizes Marilyn for taking minutes at this meeting and the last meeting, while Summer has been indisposed.

Old Business:

Review of Online Decisions: NWLC Sponsorship. Pay for lower level, get upgraded to platinum, with a couple of people contributing (Angel, Bennett, Lou, Marilyn, Val). This matches the budgeted amount.

Current officers: Discussed status of Ann as Sergeant-at-Arms since she is unable to fulfill her duties.

March Meeting: Lou working with Amy K on getting people to do performance and readings. Going through the list from last time and others who have expressed interest; will also be a general call. Mini-demos are fine, too. Countess will post a call on the website; Lou will draft the content.

Elections / Officers:

- Ballots: In the past a ballot was sometimes not sent out beforehand. Countess thinks this is an error. Should not happen again. Will do the same process for balloting as with the Articles. Marilyn will do the ballots. Ballots will be sent out via email after the next biz meeting.
- Who is running? Rio will contact the officers not present to see if they will consider running.

Communication Concerns: To help make the meetings run better, considering having shared ground rules for meeting behavior and also for discussions on email. Marilyn to dig up the rules from the retreat. Lou thinking about rules for email communication also.

Kudos: Bennett made a positive statement about being amazed at what we get done, that she loves the work we do, with orientations and monthly programs and business meetings.

Post-Mortem of January Program (Female Genitorture): Awesome. Decent attendance, although still below the breakeven point. Action-packed.

Publicity/PR: Should do promotion more in advance, then repeat. Countess: research says do it six weeks in advance, not before. We can automate some of our outreach. (Outreach officer is one of the most important roles.)

- Countess will start with automating posts to Facebook; will ask for help when needed.
- Michelle suggests using our logo on Facebook [ed. - and perhaps on other PR?]. Lou, Rio, and Ann have administrator rights on our FB page.

Business Meeting Minutes, February 2013, continued...

Telecon Options: Goal is to allow people to attend meetings on the phone, for people who can't attend meetings for logistical reasons. Discussed potential communication issues, preference for physical presence, need – or not – of visual aids like a whiteboard, etc. Bennett to write up details of how it will work technically, and we will discuss at a future meeting.

Policy changes:

- Proposal from Michelle that we have a quorum for Steering Committee votes (which are only needed in a small number of circumstances). 1/2 or 2/3 were proposed. Marilyn to verify policy or articles. Put in Fringe. Also need circumstances under which this applies.
- Proposal from Countess to set a deadline for program descriptions. Marilyn adds, "with details on upcoming programs. Ideally details should be provided eight weeks in advance..." Suggestion to have final deadline be "at the prior program" so we can announce it that night. All agreed.
 - Send description to the biz group beforehand, just as a proofreading pass; that hasn't been happening.
 - Need to be willing to go back to the presenter with feedback.
 - Countess to propose some guidelines for presenter, such as "Two paragraphs of program content, 1 paragraph bio," since we've had short descriptions and very long bios.

Email lists: Proposal to have a separate email list just for the voting people: TABLED for next time.

New Business:

PR for program to Butch/Femme Socials: Gabrielle's message: Was last night, too late, oops. She has also volunteered to do more outreach. TABLED for next month. Also: printable handout?

NWLC Hospitality: In the budget already. TABLED for next time.

IMSL:

- Doing hospitality with SFGoL.
- No coordinator. Rio to contact Tracy to see if she's willing to take it on. Michelle to talk to Rio about what is involved. Randi and Bennett will also help.

Future policy or articles change discussion: revisit voting eligibility.

Annual Steering Committee (SC) meeting: Michelle suggested it be rescheduled to after the March elections, which are coming up next month, and also to decide on topics to be included in the meeting that are also relevant to biz group and members. Agreed. Meeting to happen in April with the whole new board. For next meeting: be clear on the topics to be discussed. Extended biz meeting or SC meeting?

Membership: Michelle suggested including a letter with the membership card. Will try to minimize additional work for Ramsey. Rio will draft a letter.

Business Meeting Minutes, February 2013, continued...

Proposed website for donations: Michelle suggested adding a section for personal donation requests from / for all members. Discussion about creating guidelines, minimizing bureaucracy. Michelle will come up with a proposal for future discussion.

Create biz email list for active members?: TABLED for the next meeting.

Officer Reports (noted, but not discussed):

Co-coordinator (Rio): Another patch sample. Will bring next time. PUT ON AGENDA.

Co-coordinator (Lou):

- Dealing with PO Box issues. Will report back.
- Lilianne Hunt has been promoting her workshop and has been asked to include our gender policy clearly on all blurbs. She's looking forward to her presentation and is thrilled to have been asked.
- Preparations underway for March program. Someone suggested a racism workshop (vis a vis the Shirley Q Liquor incident). Open to feedback and ideas for the March program.
- Misunderstanding about credit card purchase cleared up with Angel.
- Working with Carol Queen about getting her program info to include in CSC promo material.

Doorkeeper: position open – no report

Treasurer: \$2,061.00 (available funds from checking, savings, PayPal, cash, receivables); this balance reflects the outstanding check for NWLC sponsorship, \$100 receivables is due from to make up the difference from \$150; receivable from Lou \$89.17; PO payment still due.

Newsletter Editor (Marilyn): no report

Orientation (Val): Report for Feb. 1 Orientation: 9 attended + 1 member. All 9 joined. Thanks to Marilyn, Lou, and Octavia for their participation.

PR / Publicity: position open – no report

Sergeant-at-Arms (Ann): no report

Volunteer Coordinator: position open – no report

Website Manager (Countess): no report
