

October Program:

Takin' It: Pain and Pleasure

Presented by tomo

Friday, October 18, 2013, 8-10 p.m. (doors open at 7:30 p.m.)

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

Whether you take pain for yourself or for your Top, pain can be erotic and ecstatic. At times, it can also be miserable! If you are a masochist, this class will help you take care of your body and increase what you can endure over the long haul.

For slaves and submissives who don't necessarily take pain for pain's sake, we'll discuss ways to prepare and increase your endurance level. This class will include discussion on preparation before a scene, techniques to increase your endurance during the scene, getting through that point of struggle we all know about, and after care that you as the bottom can do for yourself to prepare your body for the next scene and long term. These steps can lead to an increase in the amount of pain you take and the pleasure you experience in doing so.

About Our Presenter:

tomo is a slave with a deep passion for devotion and surrender and is honored to be owned by her Master, Ms Rhonda. She identifies as a butch leatherdyke and has been a part of the leather community for two decades. As a founding member of the Dyke Uniform Corps, she often speaks publically on wearing uniforms as a fetish. tomo was a Producer of International Ms Leather Weekend (IMsL) for six years and is a member of MAsT: Sacramento, MAsT: San Francisco, and the Exiles.

tomo is a martial arts instructor with thirty years of teaching experience. She has been greatly affected as a slave and instructor in the leather community, not only by her extensive physical training in martial arts techniques but also by the deep D/s roots of her traditional Japanese martial arts background. As a professional educator, she values passing on knowledge and has presented at numerous national events and local groups on both M/s topics and physical BDSM technique. tomo often shares her experience by mentoring on M/s and D/s lifestyles and has served as a judge at Master/slave and Leather Contests.

Program Meeting Information:

- All women (& those whose gender self-identity is other than male) 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 to the Center for Sex & Culture: The Center for Sex & Culture is located at 1349 Mission Street, between 9th and 10th Streets, in San Francisco. It is 2 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.

The Exiles have been busy lately! Here are reports from some of the events we've participated in recently.

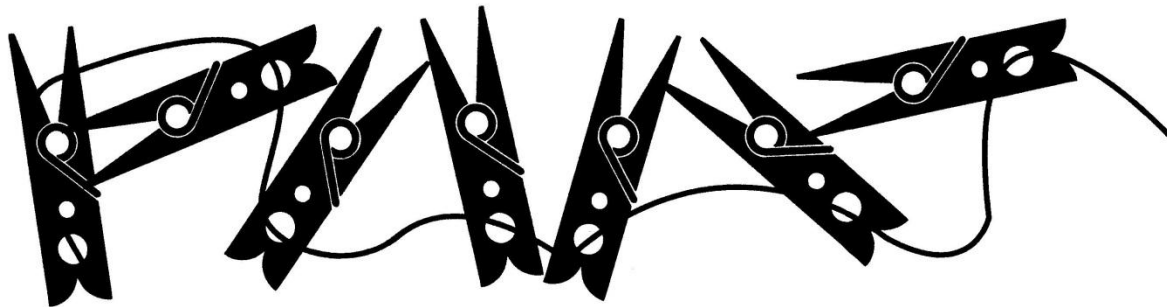
Report from:

The Exiles Meet & Greet and ForPlay Party

September 27, 2013

By Rio

The Exiles pre-Folsom Meet & Greet was hopping this year, as we welcomed almost thirty out-of-towners who, along with twenty-five members, enjoyed snacks and drinks. Some were old friends, many were new friends, but everyone enjoyed the chance to meet and mingle in the social room of the new Alchemy Estates dungeon (formerly Dragon House). At 8 p.m. we smoothly transitioned to the ForPlay party. We gave informal tours of the new space, which offers a shower room, a well-equipped medical room, a hoist, and some very unique BDSM equipment. And most of it got used, as women hoisted, pierced, strapped, and flogged to their hearts' content. The party finally ended at 1 a.m., with everyone agreeing we had a great time.



Report from:

The Exiles Folsom Street Fair Booth

September 20, 2013

By Rio

Folsom Sunday was warm and a bit humid, as the Exiles set up our booth next door to Venus Playground on Ninth Street. We had the pleasure of sharing our booth with DESIRE, the leather women's weekend held every year in Palm Springs (<http://www.desireleatherwomen.org/>), who sent a banner and informational cards. Women and genderqueer folk stopped by our booth all day to say hello, pick up some information, and schmooze. Exiles volunteers handed out hundreds of our palm cards to women interested in learning more about BDSM. And we got to see all the fun and craziness that is the Folsom Street Fair experience every year. A good time was had by all.

Report from:

Ms. San Francisco Leather Contest

October 5-6, 2013

By Val Langmuir, Ms. SF Leather 2013 (and the Exiles Orientation Officer!)

The Ms. San Francisco Leather contest was held on Saturday, October 5, at the Hotel Whitcomb. There were three contestants: Beth Bicoastal, Katerina Du Lac, and myself. The contest kicked off with a **Friday evening** meet 'n' greet at the newly refurbished SF Eagle. We contestants displayed our baskets of items for auction, received our contestant numbers, and sold raffle tickets. Head Judge Daddy Vick showed me how to sell raffle tickets the "dirty way," which served me well. On **Saturday afternoon** at the hotel, we rehearsed our fantasies and were each interviewed by the judging panel. The other judges were Tony Hunter, first runner-up for Mr SF Leather 2013; our own treasurer, angel; MS SF Leather 2011 Miss Bethie Bee, and the incomparable Donna Sachet! The contestants were well and truly grilled. I admit I did enjoy the experience – but then, I am well known as a masochist.

Cocktail hour was Saturday at 6:30. Everyone dressed up in their finest and looked gorgeous! The room was packed with hot leatherfolks. **At 7:30, the contest began.** I missed a lot of the onstage happenings, what with being backstage changing outfits all evening! I do know that outgoing MS SF Leather Nerine Mechanique received a state proclamation, as did Queen Cougar (for her many years of achievement and her 20-year anniversary as Ms SF Leather). The parade of colors was wonderful. We contestants delivered speeches; were tortured by the MCs, Darren Bondy and the lovely Miranda; and performed our fantasies. Finally, the scores were tallied and awards presented: Katerina received the Leather Heart award, the first runner-up was Beth, and I am happy to report that I brought home the sash!



If you've ever remotely considered running for a title, I thoroughly recommend Ms SF Leather. It is well organized, and the producers do their best to make the process fun. I had a blast and now wonder why I didn't run before.

Thanks to Rich Stadtmiller for allowing us to share this photograph of the three contestants. Check out his other pictures of the event at www.richtrove.com.

Report from:

2013 Beverage Bust at the SF Eagle

Sunday, October 6, 2013, 3 – 6 p.m.

By Marilyn Hollinger

On Sunday, October 6, the Exiles and Ms. SF Leather co-sponsored a Beverage Bust at the SF Eagle. For those of you who've never been to one of these, you pay \$12 and get unlimited soft drinks or keg beer for three hours. Often there is food; we had Costco pizza, which was a big hit. Given that Val, the Exiles' Orientation Officer, had just won the Ms. SF Leather title, there was a lot of overlap in attendees. There were many Eagle "regulars" there, mostly men, and folks mingled freely. If you haven't been to the SF Eagle, there is a great outdoor space to hang out in. There was also a bootblack in attendance, so you could get your boots done at the same time. Next time you see a Beverage Bust advertised, consider going – they're delightful events!

Attend an Exiles business meeting? Why would I do that?

By Marilyn Hollinger

Do the current Exiles programs interest you?

Do we have events you want to attend?

Do attendees represent the demographic you'd like to see?

Are we visible at events where you want us to be seen?

If the answers to any of these questions are *no*, please come to a business meeting. This is where we decide what programs and other events to put on, where we discuss and implement outreach, and where we decide where we will be represented. The Exiles is completely volunteer organization, so whoever shows up gets to make the decisions. Show up, and be a part of the future of the Exiles!

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The **November Exiles Business Meeting will be November 3** from 5-7 p.m. at the Women's Building in San Francisco (Room A, 3543 18th St., San Francisco).

There are several open officer positions; learn more about them at the business meetings:

- **Doorkeeper:** Manages the door at monthly programs.
- **Outreach/PR Officer:** Manages publicity and outreach.
- **Volunteer Coordinator:** Recruits and manages volunteers for the monthly programs, Orientations, and other Exiles events.
- **Sergeant-at-Arms:** Provides door security at Exiles functions.

Additional Club News

- Save the Date: **our next New Member Orientation is Sunday, December 1**, at the Niebyl-Proctor Marxist Library on Telegraph in Oakland. Tell all your kinky and curious friends! As a member, you can attend for free if you want to accompany a friend or just schmooze. If you're interested in helping or have any questions, contact orientation@theexiles.org.
- **Our December business meeting is Sunday, December 1**, after the New Member Orientation, at the Niebyl-Proctor Marxist Library on Telegraph in Oakland, 5-7 p.m. Please join us and help shape the future of the Exiles!
- Want to meet lots of kinky women in a casual environment? Volunteer to help at an Exiles event! We need extra hands at our monthly programs, the bimonthly orientations, and special events. Events like these require hands, presence, and energy to produce. If you can pitch in at any events, please contact cocos@theexiles.org.
- Donations to the Exiles, a 501(c)3 organization, are tax-deductible and may be made online with PayPal. Just click the big *Donate* button in the left-hand column on [our website](#). Please let us know if we may thank you publicly or if you would prefer for it to be anonymous.
- Find new play partners, friends-with-benefits, a mentor, and/or true love by placing 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*.



Upcoming Programs

- November 22: Mapping Shadowplay: Making Room for Our Deepest Inner Villains and Victims in Role Play – with Dossie Easton (CSC)
- December 20: Carnal Carnival – the kinkiest carnival ever! (CSC)

CSC: Center for Sex and Culture, 1349 Mission Street, San Francisco

September Program Report

By Ray

Perfecting Your Slave and Slavery Using Behavioral Techniques Presented by Liza and Jody

Mistress Liza and her slave Jody were Northwest Master and slave 2010 and International Master and slave 2011. In addition to many years' experience in the M/s lifestyle, they both have extensive experience in animal training. They have presented this workshop, previously known as Lessons Learned from the Animal Kingdom, at various conferences and other venues. (They changed the name because some thought the workshop was about animal play.) This workshop examined a variety of techniques animal trainers use that can be carried over to developing desired behavior changes in a slave.

Some foundational thoughts: There must be cooperation between the trainer and trainee. The trainer must assume that the slave always wants to please. Any animal or person has natural abilities that allow them to excel at some things and struggle with others; you wouldn't expect a Clydesdale to win a race or a quarter horse to pull a huge wagon. There is a bonus in working with humans. Words allow a level of transparency to the process – communication from the slave is critical. If the slave is not obeying it is up to the trainer to find out why.

Six training techniques:

- 1) **Direct manipulation of the body.** Some examples: placing a dog's bottom on the ground when you are teaching them to sit. When Liza wanted Jody to learn to use a fork and knife in a certain way, she would stand behind Jody with her hands on Jody's hand to guide the fork.
- 2) **Modelling.** Show the slave the behavior you want her to exhibit.
- 3) **Shaping (aka Successive Approximation).** Start with an easy thing; slowly add complexity.
- 4) **Targeting (hand signals).** A dog is the only animal that can simply be taught to go where you point. Liza uses hand signals with Jody in a public setting to remind her of a needed behavior, e.g., Liza will tap her fork on her plate to remind Jody to use her fork correctly.
- 5) **Opportunistic training.** If an animal or person does something great, let them know; give a reward.
- 6) **Associative training (clicker training).** Train a certain response to a certain stimulus. Interesting note: if you train a dog to bark on a specific command or stimulus, and then you don't give that stimulus, he doesn't bark; it can be a good way to eliminate a negative behavior.

There is a matrix of types of **reinforcement of training**. If you deliver a pleasant stimulus for good behavior, this is positive reinforcement. Similarly, if you deliver an unpleasant stimulus for bad behavior, this is punishment. When you withdraw a pleasant stimulus when good behavior stops, it is called non-reinforcement. If you withdraw an unpleasant stimulus when bad behavior stops, this is called negative reinforcement. Study after study has shown that positive reinforcement is far and away the most effective training technique. One example is winning a jackpot: a sudden, very unexpected reward for good behavior, this reward is almost never forgotten. Punishment, on the other hand, tends to be very

September Program Report, continued

counterproductive. When punished, the adrenal system kicks into full gear, resulting in anger, running away, shutting down, and cowering. One exception to the general failure of punishment as a training technique is something called a single trial punishment. It is a very dramatic, intense, unusual punishment (e.g., a severe beating when an important task is not done). However, this kind of punishment can only be done once. It can be very effective, but Liza and Jody don't recommend it.

Discipline is not the same as punishment. The word *discipline* comes from a Latin root concerning learning and teaching. The goals of effective discipline are protecting the slave, developing the slave, and strengthening the relationship between Master and slave. For a slave who wants to please, simply saying "I am disappointed" can be a huge discipline. **Correction** is not the same as discipline. Correction is instruction of how to do things differently without the sense of blame or disappointment.

There are three levels of training when working with humans:

The first level is training a behavior when the slave has no resistance to learning. This is usually easy, especially if it's early in the relationship. Good techniques here are modeling and opportunistic training,

The second level is changing a habit when the slave is motivated to change and has no fundamental or unconscious resistance to doing so. The first thing is to determine if the slave is capable of the desired behavior. When Liza wanted Jody to hold a fork in a certain way, she needed to determine if physically, Jody could hold the fork that way. When Liza wanted Jody to pronounce the word *measure* a particular way, Jody could not hear the difference. Liza had to figure out how to communicate the problem. She realized that if Jody learned to rhyme the word *treasure* with *measure*, she could do it. From that point on it was simply a matter of persistence. You have to catch the behavior while it is happening.

The third level is changing a behavior that the slave does not want or is unable to give up, i.e., the slave is attached to the behavior somehow. Often it can be a triggered response, like when a horse is very jumpy because it was beaten at the racetrack and has a flight reflex. Jody was a very aggressive driver and had an attachment to it. Liza would tell Jody, "The goal is not to get me there fast; it is to get me there in a comfortable manner." Simply knowing this did not work for Jody. When one is trying to change an attachment behavior, the Master needs to examine things before training begins. Why did Jody drive so fast? She had had a job where she billed in six-minute increments, so time was of the essence. She also once had a job as a messenger in L.A. and had some traumatic driving experiences. Sometimes it may be necessary to seek professional help in the process of this kind of training. Techniques that Liza used with Jody included **associative training**, such as putting a comforting hand on Jody's neck when things were going well; **shaping**, practicing the easy part first, in this case starting with times when there was no traffic; **targeting**, catch the behavior in the moment, but not necessarily bringing it up at that precise moment. When Jody was very upset was not the right time, but as soon as possible after that; don't wait three days. **Persistence is critical** in dealing with changing behavior that is an attachment. Use lots of positive reinforcement and if need be, non-reinforcement – withdrawing the positive when the behavior deteriorates. Correction is important but it is very tricky; when someone has emotional attachment, correction often feels like punishment.

In conclusion: **Have fun. Be patient. Be persistent with good timing. Be liberal with rewards.**

And remember: **sometimes the one you are trying to teach knows more than you do.**

Business Meeting Minutes, July 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: angel, Lou, Marilyn, Michelle, Randi, Ray, Rio

Recognitions: Rio thanked everyone who worked at Pride.

Core Business:

July Program Plans: Panelists and play stations were discussed. Officer and volunteer duties assigned.

Postmortem of June Program: Great program. The presentation was hot. It would have been nice if more folks had been there; it was difficult that the program was back at the Women's Building. Cleo was very well organized. Her planning ahead for two-needles-per-person worked out. Marilyn was willing to assist with piercing, but it seemed people were looking forward to being pierced by Cleo. More people may have participated because it wasn't too "woo."

Status of Palm Cards: More need to be order. Quantities and future uses were discussed.

Review of Online Decisions: None. There was extensive discussion online of how we might participate in the Butch Voices Conference; an agenda item about sponsoring a proposed workshop was added under new business.

Old Business:

Review of action items list.

Postmortem of QWOCMP: A report was included in the Fringe.

Postmortem of Leather Alley/Pride booth: It went very well. All the cards were passed out. It was suggested that next time those passing cards out be more proactive about approaching folks. Lou brought water, which was very much appreciated by all; the leftover will be donated for sale at future programs. There was some confusion about who was doing set up; Marilyn and Val set up when they arrived at 9 a.m. Rio stated that we should have an event team for Leather Alley like we do for the hospitality suites at IMsL and NWLC.

Progress on Folsom Meet & Greet and Play Party: The availability of the dungeon space on Folsom was discussed. Planning for Folsom weekend needs to wait until after this event is more settled.

Progress on Folsom booth: Rio is point person. She purchased our insurance and sent in the application to Folsom. We requested our usual location. Discussed sharing the booth with either SFGoL or Desire.

New Business:

Google Docs: Ray will change the naming structure for files so documents can be easily found.

Email Management: Discussed moving to a new email management system. Marilyn conducted an audit and did clean-up on our email lists. Footer about how to unsubscribe was added.

Reciprocity: Consideration of allowing members of reciprocal organizations to join the Exiles without having to attend Orientation. Tabled for now.

Safer-Sex Supplies: Pricing and inventory were discussed. One of the Exiles membership benefits receive is reduced pricing on these items at our programs.

Leather Alliance Progressive Dinner: Discussion of food item, auction item, and who will attend will be moved online and reviewed at next meeting.

Butch Voices Conference: Follow up from online discussions about the possibility of our participating this year. Due to conference deadlines, Val wrote a workshop proposal for a BDSM orientation similar to the Exiles orientation. She didn't present it as an Exiles event but would welcome Exiles sponsorship. Unknown if the proposal had been accepted; tabled for now.

Dore Alley: Might be a women's area at Dore Alley. Rio will investigate and be the point person.

Officer Reports: These reports were noted but not discussed.

Co-coordinator (Rio): Next Orientation, September program, Folsom Meet and Greet, and For-Play party placed on the Folsom Events' online calendar; the last three were sent to Demetri, so they'll appear in the flyer Folsom Street Events produces and distributes for Leather Week.

Membership (Marilyn): We ended last year with 118 members. Currently we have 63 members who have renewed or who joined in June.

Orientation (Val): We had a well-attended orientation (about nine guests and one member who renewed) with many joining. It was awesome. Thanks to Allison, Rio, and Katherine.

Outreach/PR (Randi-Acting):

- Event postings for both the July Novice Night program on 7/19 and the Orientation on 8/4 have been created on FetLife and Facebook.
- Announcements for the July business meeting, Novice Night, and Orientation will be sent to the members email list.
- I've been testing out Survey Monkey and am interested in creating and sending out a survey to gather information to benefit the club and tune in to members' interests. I requested this topic be added to the agenda.

Minutes from the August and September business meetings will be published in the next issue of the Fringe.

Exiles Officers

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

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