

November Program:

Shadowplay: Reclaiming Our Selves on the Dark Side

Presented by Dossie

Friday, November 22, 2013, 8-10:15 p.m. (doors open at 7:30 p.m.)

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

So what draws us to the great legends like Little Red Riding Hood and the Big Bad Wolf? Jails, boot camp, vampires? When we explore our inner darkness in S/M we can reclaim forbidden feelings, live out all of our personae, explore archetypal roles, and use the boundaries of the S/M scene to safely experience aspects of ourselves that don't fit in everyday reality. Learn how to set up a scene for journeying in tender places, how to discover and deal with emotional limits and safety, and how to get real juicy with all that dark stuff. We will discuss how S/M works for personal growth and discovery, how to create scenes for deep personal exploration, and then we will enter into a journey by visualization to meet one of our selves from the Dark Side.

Please wear loose clothing and bring a pillow or mat to sit on; there will be chairs for those who can't work on the floor. This is a participatory workshop and will always be set up so that choices for how to participate will respect your limits. Bring a pen and a journal or notebook – we will write about our journeys.

About Our Presenter:

Dossie emigrated to San Francisco during the Summer of Love in 1967, and has lived here ever since. She took a vow of permanent nonmonogamy in 1969. She was a member of the first Board of Directors of the Society of Janus in 1974 and has been a member of other well-known BDSM organizations such as SAMOIS; Outcasts; the Exiles; and Black Leather Wings. She co-authored *The Ethical Slut*, *Radical Ecstasy*, *When Someone You Love is Kinky*, *The New Topping Book*, and *The New Bottoming Book*, all with Janet Hardy.

Dossie has given talks at many conferences and gatherings including the University of Hamburg; Bryn Mawr; UC Berkeley; Mills College; Black Rose; Leather Leadership Conference; the American Association of Sex Educators, Counselors and Therapists; the Society for the Scientific Study of Sex; San Francisco State University; and many others. She works as a Licensed Marriage and Family Therapist in San Francisco, and creates and leads workshops in polyamory, S/M, and radical ecstasy in Europe and the United States.

Dossie says, "I am currently sixty-five years old and enjoying a rich and sexy life with my beloved in the mountains of West Marin."

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; nonmembers \$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.

Save these Dates!

The Exiles Annual Carnal Carnival

Friday, December 20, 2013, 7:30-10:15 p.m.

Center for Sex and Culture, 1349 Mission St., San Francisco

It's time again for the kinkiest carnival ever! Join us for great booths, food, kinksters, and much merriment. Experience play piercing from Lady Raven, learn impact play from Gayathri, and enjoy the ever-popular vibrator races, dick toss, and other games. That's just a taste of what we'll have waiting for you at this year's festivities! Check [our website](#) often for updates.

We're still looking for volunteers to help run the greatest show on Mission Street, so if you'd like to help, please write volunteer@theexiles.org.

The Exiles New Year's Eve Play Party

Tuesday, December 31, 2013, 8:00 p.m.– 2:00 a.m.

Alchemy Estate, San Francisco

Bring in the New Year with the Exiles!

Beat out the old year and whip in the new, as we celebrate the end of 2013 and the beginning of 2014 in grand style.

This incomparable event will feature elegant appetizers and canapés and an amazing array of desserts – plus a nonalcoholic toast at midnight! More surprises will be announced later. Dress in your festive best and enjoy the company of the Bay Area's kinkiest people as we celebrate the New Year in a most unique way!

If you're interested in volunteering to help put on the festivities, please write cocos@theexiles.org.

Tickets are available online at [Brown Paper Tickets](#): \$25 members, \$40 nonmembers, with a \$10 discount if you volunteer. 18+ welcome. This event is open to women, genderqueer folk, and all those who do not self-identify as male.

No tickets will be sold at the door. Buy yours early because this event *will* sell out!

Have ideas for 2014 Exiles events and programs? Want to help plan them? Come to the Exiles business meetings on the first Sunday of each month (alternating San Francisco and Oakland locations). These meetings are open to all Exiles members. The next business meeting will be on **Sunday, December 1, 5:00-7:00 p.m.** in Oakland at the Niebyl-Proctor Marxist Library, 6501 Telegraph Avenue.

Additional Club News

- At the November business meeting, a proposed change to the Exiles Policies was discussed. As required by our articles, this change is being published here, prior to voting on it at the December 1 business meeting, for your information. This proposal affects what kinds of ads Exiles members can run in the Lunatic Fringe (this newsletter).

Currently, the policy reads like this: "Members and associates may run free personal ads no larger than 2 x 1 ½, not more than one per month."

Here is the proposed change: "Members and associates may run free personal or business ads (no larger than 2" x 1.5"), not more than one per month. Business ads must be for the member's own business."

To participate in the discussion on this change, please attend the December 1 business meeting. Details below.

- The next **Exiles New Member Orientation** is **Sunday, December 1, 2-4 p.m.**, at the Niebyl-Proctor Marxist Library, 6501 Telegraph Avenue, 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! We still have several open officer positions:
 - **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.

Learn more about these positions and other opportunities with the Exiles as this month's business meeting.

- Want to make a year-end donation? Donations to the Exiles, a 501(c)3 organization, are tax-deductible! For extra convenience, donations 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.
- Meet lots of kinky women in a casual environment as a volunteer at an Exiles event! We need extra help 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.

October Program Report

By Marilyn

Takin' It

Presented by tomo

tomo began by explaining that when she uses the terms *top* or *bottom*, she is trying to be inclusive, including any form the power dynamic takes in your particular relationship. This set the tone for a program that felt like it spoke to the spectrum of expression, as well as the spectrum of experience in the scene. The program was discussion, with some sharing of toys, and it was fun and engaging.

The basic flow of the class posed questions about how to take pain in a scene and then discussed the answers. We were given worksheets with an outline of the class and space for taking notes.

Q: Why do you want pain?

A: Pleasure, submission, release, adrenaline, to get off, for the fucking, sexual release, pleasing the top, to release tension, giving up control.

Q: What types of pain are there?

A: Stinging, thuddy, burny, zappy, pinchy, pokey, sucky (just hurts so bad), pressure points/meridians.

Info: It's important for the bottom to share information about limits, types of pain, what you love, what you hate, what is in the middle, info specific to areas of the body that are okay or especially good, and any physical challenges.

Q: What kind of setting do you need to take pain?

A: Power exchange, lightness (giggling), maintain control (dominate), certain positions, restraint, specific types of pain (or excluding certain types), role play, sex, warmth, music, head space/focus, lighting, candles, strong emotions, emotional connection, hunger/desire from the top, audience (exhibitionist), surrender.

Q: What needs to happen before the scene to make it work?

A: Rest, food (not too much), hydrated, pee, self-talk (remind yourself of motivation for taking the pain), lure.

Q: What needs to happen during the scene to make it work?

A: May hit a wall/struggle: breathe (e.g., rhythm breathing), relax, tighten and release (physically and mentally), alternate focus, make noise: laugh, curse, grunt, growl, hum, stamp your foot, pound on something, squeak, squeal; use a vibrator, remember why you're there (e.g., duty, devotion, etc.), focus, be present, communicate your struggle, don't get angry, trust the top to take you where they/you want to go.

Q: What happens after the scene to make it work?

A: Check in with yourself (emotionally and physically) and tell the top. Top: check in with the bottom. Rest, hydrate, eat, let yourself heal.

October Program Report, continued

Q: What helps with physical healing?

A: tomo provided some suggestions for herbal remedies for physical healing. (She owns an herb shop, modernherbshop.com, but tried not to make this a commercial for her shop; she talked about getting these from any Chinese herbalist.)

- Dit Da Jow for getting blood moving (for bruises). Better than arnica.
- Tendon Lotion (liniment)
- San Huang San: Herbal ice. While regular ice may take away swelling, it freezes cells, which isn't good for them.
- Boo Boo Healing Balm: organic Neosporin
- Arthritis Pain: general pain relief
- Yunnan Baiyao: antiseptic/stops bleeding.

Q: How can tops help during the scene?

A: Start easier then move to hardest areas, back off and build slower, sex.

Q: How can life get in the way?

A: We just have to accept these things:

- Chronic pain
- Injuries
- Illness
- Kids
- Menstrual Cycle
- Noise
- Comparing ourselves to others (don't)

Final Words

Growth and change will happen (or you're dead!). Things will move in and out of yes/no lists. Communicate.

Looking Ahead...

The **Northwest Leather Celebration is May 16-18, 2014**, but [online registration](#) is open now. As a special incentive, during the months of November and December you can sign up for a basic weekend pass for just \$79. This entitles you to the socials, workshops, indoor vendor fair, onsite play parties, and much, much more.

For more information about the celebration, the Northwest Master/slave Contest, hotel rooms, volunteering, etc., please visit [their website](#).

Business Meeting Minutes, August 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: Countess, Marilyn, Ray, Rio, Val

Recognitions: Rio recognized Bennett for coming to Dore Alley especially to hand out cards for the Exiles, and she handed out many, many. Val recognized Marilyn, Randi, and Allison for participating in an excellent orientation.

Core Business:

August Program Plans: Officer and volunteer duties assigned.

Postmortem of July Program: Novice Night was great. There were not that many new people. Marilyn thought the panel was too big. Rio wished there had been more attendees. The seven demo areas fit very well into the new space; there could have even been eight or nine areas. No door report yet. Angel had said she hadn't received the program money. Marilyn said she had given it to Angel.

Discussion of Possible Future Programs: Rio has not heard back from Mollena about presenting. Val will check with Karen, and Ray will contact Minax about doing programs. Rio has not scheduled a program committee meeting yet. There will be more discussion online.

Old Business:

Review of action items list.

Review of Online Decisions: None.

Progress on Folsom Meet & Greet and Play Party: The Meet and Greet will be from 6:00-8:00. The party will be from 8:30-1:00. Setup will be at 5. There continue to be major questions about how many people the venue can currently accommodate. There were discussions of possible themes for the party (none offered), what Lou/Alchemy can provide, volunteer needs, supply needs, monitors and release forms, and pricing. The venue reportedly allows photos, but we do not want photos at our party. We will have advance sales online. It was agreed that since the party is likely to sell out, we should offer advance tickets to members first.

Progress on Folsom Booth: Rio does not yet know the booth location. We won't be notified until a week or two before Folsom, but we have requested the usual location. DESIRE is interested in sharing our booth. Rio will continue to be in touch with them.

Leather Alliance Progressive Dinner: Dinner is September 21. We will be working on appetizers at Mr. S along with SF Girls of Leather. We are responsible to serve about 35 people. We need to get an auction item; Rio will take care of this, Val will donate a toy/toys.

Volunteers are needed for September events.

Old Business, continued...

Butch Voices Update: Val's application to present a workshop has been accepted. It will not be an official Exiles event, but it will be basically a presentation of our regular orientation minus Exiles specific issues. It will be an hour and 15 minutes, billed as *BDSM from Top to Bottom*. Marilyn and Allison and possibly another volunteer will assist Val in doing the workshop. After much discussion and a vote, it was decided that attendance at this workshop will qualify as an orientation for someone who wished to join the Exiles.

Dore Alley Postmortem: We joined the Venus Playground women's booth, which was run by Rosalinda. We (mostly Bennett) handed out almost all of our palm cards.

Palm Card Update: We are trying to get a new, more updated card made for Folsom, which would include January and February programs. A final decision will be made at the next meeting. Randi is continuing to work on a generic palm card.

New Business:

Advertising in Fringe and on Our Facebook Page: Countess says it is not permitted by Facebook to advertise on a Facebook page. We have always permitted paid ads in the Fringe. Each member is entitled to one free small personal ad per month. Countess said we could start having paid ads on the website. It was felt that emails to Exiles members list should be for Exiles events only, not outside BDSM events. We could post BDSM community announcements on our Facebook page and have some other broader email list that includes cross-posting for other community BDSM events. Rio will write a policy change for us to discuss at the next meeting.

Reciprocal Membership: Proposed articles change wording was discussed and decided upon: *Any eligible person wishing to join the Exiles may provide proof of membership in a reciprocal organization in lieu of attending the Exiles Orientation.* This will be published in the February Fringe before voting on the proposal at the March program/elections.

Leather Levi Weekend Cocktail Run: No one had yet made plans for the cocktail run on Saturday night, August 10, at Leather Levi Weekend. We have had a food and beverage stop on the event for several years. Participation this year, possibly the last year for LLW, was discussed. Val will get supplies and donate them in exchange for a receipt. Ray will get the banners to Val.

T-shirts: We need more T-shirts. Ordering other merchandise was discussed. Rio will investigate the cost of T-shirts, bandanas, and caps.

Use of New Dungeon Space: Discussion of Exiles events at Lou's new space was tabled.

Proposal to Broaden the Use of Online Voting for the Business Group: Tabled for now.

Location for a Business Retreat: tomo and Rhonda have offered the use of tomo's place up in the foothills for an Exiles business retreat. Val will follow up with them about how many people the space can accommodate.

Steering Committee Meeting: When to hold this meeting was discussed; final decision will be made at September business meeting.

New Business, continued...

Issues Regarding Email Lists and Google Docs: Outdated email lists will be deactivated. Everyone on Biz List will be given read-only access to Biz Docs. There was discussion about who should have editing access to these documents. Marilyn has purged anyone who has access to Biz Docs who is not a member. Ray will also continue to work on updating file names in Biz Docs, working with Countess to regarding the correct naming format.

Officer Reports: These reports were noted but not discussed.

Co-coordinator (Rio): Dore Alley was fun. Talked to a lot of women, didn't hand out many cards. Bennett came by and handed out palm cards in the early afternoon.

Treasurer (Angel): Balance \$2,843.27, less outstanding \$462 check for SF Mini Storage.

Membership (Marilyn): 84 members, not counting any new members from today's orientation. No report from last year this time, but as far as I can tell there were 46 renewed members at this time last year, so we're doing really well.

Newsletter Editor (Suzanne): Newsletter sent to Biz List Saturday for review and proofreading. Apologies for delay. Please remember to have all items to newsletter editor by the 20th.

Orientation (Val): We had a lot of people at orientation. Most of them joined. Exact numbers not available at the moment.

Recorder (Ray): The minutes for the June meeting were damaged and partially lost; could the folks who attended the meeting please check for contents and accuracy.

September minutes begin on the next page. Minutes from the October business meeting will be published in the next issue of the Fringe.

Exiles Officers

Co-Coordinator:	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/>

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Attendees: Marilyn, Michelle, Ray, Val (There was not a quorum, so no votes were taken.)

Recognitions: Ray recognized Val for pulling together the Exiles table at Leather Levi Weekend at the last minute. Val recognized Marilyn, Cathy, and Quinn (nonmember) for helping to make it happen. Val recognized Marilyn, Allison, and Karen for making the workshop at Butch Voices a success.

Core Business:

September Program Plans: Officer and volunteer duties assigned.

Postmortem of August Program: Randi and Zed gave a great program. It generated a lot of discussion. People were still having animated conversations after the program was over. There were several people there that were relatively new to the scene.

Discussion of Possible Future Programs: Val contacted Karen, who has done several programs before, regarding a program for January or February. Ray has contacted Minax but has not heard back. Michelle suggested a program that was very successful at Desire, however it is not BDSM related. Everyone was pleased that Rio is planning to have a Program Committee meeting in early October.

Old Business:

Review of action items list.

Review of Online Decisions: None.

Progress on Folsom Meet & Greet: No one has volunteered to head it, so Rio is doing so by default. Brown Paper Tickets has sold 4 member tickets and 4 nonmember tickets. Officers are urged to buy tickets ASAP.

Progress on Folsom Play Party: No one has volunteered to head it, so Rio is doing so by default. Brown Paper Tickets has sold 6 member tickets, 5 to nonmembers also attending the M&G, and 2 nonmember tickets.

Progress on Folsom Booth: DESIRE is still interested in sharing our booth, or at least sending their banner and palm cards. Rio has written to them for confirmation of details. There was discussion of who might be able to coordinate the Folsom booth.

Palm Cards for Folsom: Rio has about 250 cards on hand. Since we don't have any new programs scheduled to add to the cards, Marilyn will check with Randi about printing 500 additional copies of the existing card.

Possible future events at the new dungeon: Discussion was tabled until after the Meet and Greet and the Play Party, when we will have a better sense of what is possible.

Old Business, continued...

Update on Leather Alliance Progressive Dinner: Rio is coming up with an estimate for food. Angel will buy it the day of the program.

Steering Committee Meeting: We are planning to go ahead with a Steering Committee Meeting on October 4 at 2:00 p.m. Ray will poll the steering Committee to see who is planning to attend. The Articles are not clear on whether an acting officer is a member of the Committee.

Discussion of Policies for Online Voting: Michelle had brought a proposal that issues that we regularize certain aspects of our online voting procedures. In addition to Michelle's proposal, there is interest in allowing votes on nonmoney related issues to be made online. The issue has been tabled until there is a quorum.

Butch Voices Update: Val presented an hour and 10 minute workshop entitled *BDSM from Top to Bottom* at the Butch Voices Conference in August. She was assisted by Marilyn, Allison, and Karen. It was an excellent program with 35-40 people in attendance. As voted last month, this workshop will count as an Exiles orientation. Marilyn is contacting those who expressed interest in joining.

New Business:

Membership: Marilyn requested that we make an exception and give a membership price reduction for two women who want to join but can't make the low-income price. The actual cost of this was only a few dollars. It was agreed that since it was a money issue, Marilyn would put it up for an online vote.

Resale of Exiles-branded Merchandise: There was discussion and general agreement that there are distinct benefits to having Exiles items, such as T-shirts, on sale for purchase, and using Cafe Press (an online purchase site which would make items using our logo) was a significant change from past practice and needed to be further discussed. Michelle agreed to price T-shirts, hats, and bandanas for us to sell.

Officer Reports: These reports were noted but not discussed.

Treasurer (Angel): Balance \$2,786.11; \$202 due from Rio (June program). Total available \$2,988.11. There are outstanding payables that have not been received for payment (palm cards) in addition to the upcoming costs for the M&G and party. Need the expense amount for the space.

Membership (Marilyn): Current counts: 32 individual, 18 household, 18 hardship, 13 comps (officers, int'l titleholders, presenters), 2 associate. Total: 83, plus 7 supporting members.

Newsletter Editor (Suzanne): Please, please, please have all Fringe content in by the 20th of the month. Thank you!

Orientation (Val): We did Butch Voices; it went great.

Website Manager (Countess): 562 visits last month.