

NLA-COLUMBUS

August 2007

This newsletter is published monthly to further the educational outreach mission of NLA-Columbus and to share information about the local, regional, and national BDSM and Leather communities.
www.nlacolumbus.com



Happy Fifteenth Anniversary! August Events and Updates

This year, NLA-Columbus is celebrating its fifteenth anniversary. Fifteen years ago, our founders Art, Carol, and Mark set out to create a safe, comfortable organization where kinky people could meet and learn more about leather, BDSM, and D/s relationships.

This month, we celebrate by hosting a weekend filled with workshops, parties, food, and fittingly, the annual meeting of our parent organization, NLA-International. Here's an at-a-glance schedule for the workshop, reception, and party on Saturday, August 11th:

8am to 6pm -- REGISTRATION OPEN

9am to 6pm -- VENDING OPEN

10am to 5pm-- WORKSHOPS

5pm to 7:30pm -- BREAK FOR DINNER

8pm to 9pm -- DESSERT RECEPTION

9pm to 2am -- PARTY

Happy Anniversary, NLA-Columbus!

Special Announcements. Steve and Diana of Golden Light Photography will be available all day on Saturday to capture your memories. For just \$5, Steve and Diana will take pictures of you in your finest fetish outfit. Then you pick the one you want printed in a 4 by 6 color format. All proceeds will go to NLA-Columbus. In addition, if you've always wanted a photo but were concerned about privacy, you can ask Steve and Diana to erase the file immediately after printing. Or, if you want to keep the file, bring a CD and they'll give you a copy. Golden Light Photography can be reached at www.goldenlightphoto.com.

If you don't have plans for dinner on Saturday, why not join the members of SORE (Southern Ohio Resource and Education) at Max n Erma's on 161 from 5:30 to 7:30?

Hardy Haberman and Michelle Belanger will sell and sign books after their classes on Saturday. Michelle (2:15, Classroom A) is the author of *Psychic Dreamwalking* and *The Psychic Vampire Codex*. Hardy (3:45, Classroom A) is the author of *The Family Jewels* and *Playing With Pain: Stories from My Life in Leather*.

Erotic and/or Disciplinary Spanking within the context of a bDDsm lifestyle

By Raheretic

In previous columns, Raheretic recounted his early experiences with spanking and shared techniques for erotic spanking. He concludes his story here with a thorough discussion of disciplinary spanking. He uses the term bDDsm to connote the practice of Domestic Discipline within the overarching context of a BDSM relationship.

* * *

Disciplinary Spanking

I believe the truest and most effective disciplinary spanking is the old fashioned switching. I am referring here to spanking with a whippy tree or bush branch, a "switch," not to the power exchange in which practitioners change roles from Top to bottom. Performed as described here, a switching can be an effective form of discipline and/or very intensive sado-masochistic play, and can be safe and loving.

The selection of a switch is important both physically and psychologically. A good switch will be about 3/8 inch thick on the handle end and will be very green in the interest of it's being as whippy as possible, most likely about two and a half feet to three feet in length, straight, and as free of "buds" as possible. I like having submissive partners, whether in play or serious discipline select their own switches. I send them out on a switch hunting expedition with a mandate that they must return with a certain number of switches that will then be used on their bare bottom. I actually have a special pair of pruning nippers that are used only for the cutting of switches. When those are brought out and handed to the submissive, she is aware that her bottom is in very large trouble. I tell submissives that if they return with any switches that are inappropriate or insufficient, those switches will be immediately used on them until they are worn out, and they will be required to go back out and select two to replace them.

By way of preparation, switches should have all twigs, etc., broken or cut off them. These rods having been produced by nature, and not a factory, will not be perfectly uniform and straight. Buds on switches can add a great deal to the severity of the sensation they inflict. Switches are severe anyway without the enhancement of buds. I usually trim larger buds from a switch, preferring to have the pain inflicted by the switch tip and not bumps further up the switch.

Once selected I usually have the submissive scrub the switches with antibacterial soap to assure their cleanli-

ness (I have rarely broken skin with a switch--but an errant switch stroke is capable of doing that--and thus I want them as clean as possible just in case). Then they are placed in a bathtub of warm water to soak. This not only assures cleanliness, it enhances the switch's pliancy and thus the sting it will inflict. I find the bottom's apprehension about her impending switching is enhanced by her handling and preparing the switch. I often will have her whisk it in the air a few times to listen to its sound, and of course to imagine what it will feel like when it whisks across her bottom.

If this happens again, the spanking will be administered but doubly.

I usually will prescribe a time when the switching will occur. For example, there might be a switch hunting expedition at dawn for a switching which will occur at 2:00 that day. It is not uncommon for bottoms, thus prepared, to be in tears as their switching time approaches. A switching begins with a preparatory spanking with a hand or relatively softer leather implement -- very light loving pats that progress through mild and then moderate spanking. The preparatory spanking is complete when the submissive partner's bottom is bright pink or mildly red and stinging. This not only sensitizes the bottom to maximize the sensation the switching will inflict, but dilates the blood vessels in the buttocks and reduces bruising.

At times, I have then called off a switching at that point, deciding that the bottom, beside herself with anticipation, and expecting to be severely whipped, has suffered enough psychologically. After placing her in position and making noisy switch strokes in the air or against a couch, etc., I will then tell the bottom that if anything like this happens again, the switching will be administered but doubly, and prescribe a bed time spanking as a reminder. There are other instances, when I follow through to carry out a switching.

Administering a safe sound switching requires skill. As with all spanking techniques, where to hit, how to hit, and how often to hit are the major considerations. I underwent professional Dominant training. In training the bottom partner wore thong underwear. The areas that are legitimate to hit are left exposed by

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thong underwear. Areas that are covered by thong underwear are strictly off limits and can be dangerous to strike in any form of spanking. Switches are not uniform in length, curvature, etc. So caution must be taken to be able to gauge distance and position of the Dominant partner so that he can be assured of where his strokes will fall. I often in the midst of a switching will play on a nearby pillow for a few strokes to get the feel of that switch before actually whipping it on the bottom. Bottoms usually seem to appreciate my being so deliberate in measuring the strokes they are about to receive. The greatest danger in switching, besides errant strokes that could strike in areas like lower back or the spine, where serious nerve damage could be inflicted, is "wrapping." During a switching you never want the middle part of the switch to land in the center of the buttocks allowing the tip to "wrap" around the hip, thigh, upper leg, etc. That greatly intensifies the speed of the switch tip and can cause severe and lasting bruising, and can even break the skin, inflicting even more excruciating pain than appropriately applied switch strokes will already inflict.

She may rest and recuperate remaining in restraint as long as she desires, and that she will be taken over my knee for an aftermath spanking when she decides it is time.

Switch strokes are not administered with force but with wrist flicking moderate speed. I usually have each stroke culminate from the switch's having traveled two to three feet in its path to the bottom.

Frequency is important. Really rapid spankings with any form of implement bruise much more. I was trained in "four second rule." This rule prescribes that in any spanking strokes should never be administered more frequently than one each 4 seconds unless bruising/markings is a goal. With switching I would expand that to at the very minimum every 6 seconds and frequently space blows far more broadly than that. A switch stroke sensation builds over time. The initial contact with the bottom hurts startlingly (the usual comment is, "it took my breath away"). The sensation builds and worsens for several seconds after the initial blow. Intervals between strokes allow the bottom partner to fully absorb the sensation of each distinct stroke and to minimize the physical damage to the bottom that is inflicted.

I always use restraint of some sort with a switching. It is virtually impossible for a bottom, no matter how

experienced, to hold still for a switching. It is important for the bottoms safety that strokes be controlled and the movement of the target can result in unintended damage to a loved one receiving caring discipline, or sadomasochistic play. I use a professionally designed kneeling restraint bench, although ottomans and soft canvas straps used in camping work very well to support someone, and keep them immobilized during a switching. A switch is not an implement for over the knee position spanking, in my opinion.

I often will follow a switching with an aftermath spanking similar to the warm up spanking administered prior to the switching. Usually I will tell the bottom, upon the completion of her switching, that she may rest and recuperate remaining in restraint as long as she desires, and that she will be taken over my knee for an aftermath spanking when she decides it is time. She may then rest there until she is ready to politely ask me to remove her restraints and take her over my knee and complete her spanking. Aftermath spankings are not particularly severe in and of themselves, but in the aftermath of a switching, bottoms often perceive them to be serious blisterings.

After the switching experience is complete I apply ice to the buttocks. A simple, and very effective, approach is to keep couple of plastic bags of frozen peas in the freezer. I then place one bag over each buttock until the bags are thawed, and then apply aloe lotion to the buttocks. Emotional aftercare is of course as important as caring for the skin. Holding, caressing, reassuring, forgiving, etc., should be something you both will want by the end of a switching. While this sort of spanking is often intended to motivate a behavior change, it typically also results in strong emotional connection between the two partners as well.

In Conclusion

The role of spanking in my life has evolved from a primordial curse to the main expression of love, intimacy, and connection in my life. I love spending time with others with whom my family and I can be who we are without pretense and stigma. I love traveling with others on their journey to self-awareness in this lifestyle.

It has been a journey, but it is one that fills my life with joy and love, not self-denigration and longing as once was my lot. My life long question was: "How can I, a compassionate, caring, loving, man, enjoy inflicting painful spankings on people whom I love?" I now know that those "painful" stimuli are intense sensations conveying erotic and loving connection.

Raheretic welcomes your comments at raheretic@cs.com.

The Pleasure of Pain

The Journey of Submission

By cindi

The Journey of Submission is a monthly column that explores experiences, perspectives, and misconceptions about submission.

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Pain. Just the word evokes a response on some level from almost everyone.

When that word is coupled with the concept of the lifestyle, the response frequently heightens to a fascination bordering on obsession. We attend discussion groups focused on technique and spend weekends at seminars to better our skills at both giving and receiving pain. We buy all manner of instruments to inflict a vast array of sensations from the mild to the excruciating and gather at play parties and form relationships to share in an energy that emotionally bonds participants with a strength that is uncommon elsewhere.

The hold that pain has over many of us seems to stem from a very primal level. It touches those who dare to adventure into this uncharted region of the mind in ways that are physical, psychological and even spiritual.

For many who enjoy the sensations of pain, that pleasure has always been there – brought to the forefront of awareness by a photograph, perhaps, or an accidental injury that stimulated the initial sexual arousal. Others acquired the taste for pain gradually, usually at the hands of a Dominant skilled in sensing where the submissive is at physically and emotionally so that the “envelope” could be pushed.

To masochists, pain can be enjoyable on almost any part of the body, although most have particular areas that are much more sexually arousing than others. Different areas of the body can also bring forth varying physical and emotional responses within the same person. One area, for example, may be sexually arousing, while another brings on a heightened sense of submission, and yet another evokes a feeling of tranquility, along with the sensation of pain.

Each “toy” also has its own sensation, ranging from the warmth of candle wax to the sting of a whip or cane or the deep thud of the truncheon. How each implement affects the submissive varies not only with the intensity of application but also with the mood and physical condition of the submissive during any play session.

Often pain will cause an endorphin rush, and/or various levels of subspace, particularly when the pain is experienced repeatedly over a period of time. This natural high is enough of a motivation for many to endure pain even when they do not find it pleasurable on any other level.

And what about those of us who do not find pleasure in pain on a physical level, yet consensually submit? The motivations here are also quite varied, although generally more difficult to define since they relate more to the psyche and are often tied with previous life experiences.

For some it amounts to a journey of self discovery. The initial fascination with pain evolves into a need to know “What could I take? What am I made of?” or a simpler “Where will this take me?”

Different areas of the body can also bring forth varying physical and emotional response with the same person. One area may be sexually arousing, while another brings on a heightened sense of submission, and yet another evokes a feeling of tranquility, along with the sensation of pain.

Submissives embarking on this journey would be wise to make sure the Dominant they choose as their guide is experienced and trustworthy, since the potential for reopening old emotional wounds is great. If this happens and is handled improperly more damage can occur, sometimes seriously, rather than the beginning of the healing process that is possible with nurturing support.

For others it can be the feeling of peace and tranquility that is frequently reached with pain. This seems to occur after an initial stage of resistance, once the mind has registered that the submissive is not in control, ceases to struggle, and truly gives over power to the Dominant.

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The Pleasure of Pain...continued from p.4

Pain can be a way to experience a deeper submission, particularly if the submissive is serving a Dominant who enjoys inflicting the pain. Submissives who are motivated to bring pleasure to their Dominant may very well find that the pleasure they feel from giving this service far outweighs the discomfort of the pain.

The hold that pain has over many of us seems to stem from a very primal level. It touches those who dare to adventure into this uncharted region of the mind in ways that are physical, psychological, and even spiritual.

Emotional release can also occur, as the pain gives the submissive a reason to cry - "permission" that the submissive may be unable to give her/himself to let out whatever emotions have been bottled inside.

Finally, and, to many, most importantly, the use of pain involves a trust and a relationship that is deep and grows deeper over time. With the necessary communication, the shared experiences and the exchange of power an intimacy develops that exists in few relationships outside of the lifestyle.

Curious about submission?
cindi welcomes your questions
and comments at chestnutsilk@yahoo.com

**National Leather Association,
Columbus Ohio Chapter**

P O Box 2763
Columbus OH 43216
Phone: 614-898-6266
Email: nlacolumbus@nlacolumbus.com
Website: <http://www.nlacolumbus.com>

Shane	Co-Chair
Dawn	Co-Chair
Owen	Treasurer
Rita	Corresponding Secretary
Diane	Recording Secretary

July 07 Financial Report

<u>Income:</u>	
General Inc	1.50
NLA-C Dues	279.00
NLA-I Dues Received	120.00
Anniv General	990.00
Anniv Box Lunch	102.00
Anniv Brunch	160.00
Eventbrite Fee	1.25
Vending	100.00
<u>Total Revenue</u>	1,753.75
<u>Cost of Sales:</u>	
Club Pins	2.92
<u>Total Cost of Sales</u>	2.92
<u>Gross Profit:</u>	1,750.83
<u>Operational Expenses:</u>	
Printing Newsletter	13.45
PayPal Fees	34.34
Eventbrite Fee	2.97
NLA-I Dues Exp	160.00
Pride Parade	141.92
Eqpt Maintenance	44.46
Picnic Exp	148.73
15 th Pins	348.00
<u>Total Expenses</u>	893.87
<u>Jul Net Profit</u>	856.96
<u>Assets:</u>	
Cash on Hand 07/31/07	5,974.61
Legal Fund Restricted	200.00
Bldg Fund Restricted	100.00
Cash Available 06/30/07	5,674.61
<u>Year to Date Summary</u>	
Income	5,711.88
Expense	3,756.30
<u>Net Income [YTD]</u>	1,955.58

Calendar of NLA-Columbus Events

Wednesday, August 8	Munch Every Wednesday at 6:30 pm	The Surly Girl. 1126 N. High St. (corner of High and 4th)	Free and open to the public
Friday, August 10	Special Event NLA-C 15th Anniversary Celebration Meet -n- Greet 6pm Registration Opens 8pm Meet -n- Greet followed by bar/club runs and fetish shopping	Visit 15anniv.nlacolumbus.com for more information.	Open to all pre-registered attendees.
Saturday, August 11	Special Event NLA-C 15th Anniversary Celebration 8am Registration Opens 10am to 5pm Classes and demos 8pm Dessert Reception 9pm to 2am Party	Visit 15anniv.nlacolumbus.com for more information.	Open to all pre-registered attendees.
Sunday, August 12	Special Event NLA-International Annual General Meeting	Visit 15anniv.nlacolumbus.com for more information.	Open to all pre-registered attendees.
Wednesday, August 15	Munch Every Wednesday at 6:30 pm	The Surly Girl. 1126 N. High St. (corner of High and 4th)	Free and open to the public
Saturday, August 18	Bar Night 3rd Sat. of every month, 11pm.	Exile 893 N. 4th Street	Admission: \$2
Wednesday, August 22	Munch Every Wednesday at 6:30 pm	The Surly Girl. 1126 N. High St. (corner of High and 4th)	Free and open to the public
Wednesday, August 29	Munch Every Wednesday at 6:30 pm	The Surly Girl. 1126 N. High St. (corner of High and 4th)	Free and open to the public
Sunday, September 9	Special Event September Picnic in lieu of our regular meeting	Location TBA	Free and open to the public

Calendar of other local group events

Sterling Shadow Club of Dayton hosts monthly meetings on the third Tuesday of every month, and a party on the first Saturday of every month. Visit sterlingshadow.com.

SORE (Southern Ohio Resource and Education) and **CORDS** (Central Ohio Real Domination and submission) host workshops, roundtables, munches, parties, and dinners. <http://groups.yahoo.com/group/SORE> and cordsinfo.org.

M_O_R_A_L hosts a munch every Thursday. For info: groups.yahoo.com/group/M_O_R_A_L/

Fightclub Ohio hosts a munch on the first Tuesday and third Saturday of each month, and a party on the second Saturday of each month. For more info, fightclubtng.org.

MAST (Masters And slaves Together) hosts monthly open meetings for people who desire to live a D/s lifestyle. More info: groups.yahoo.com/group/MAST_General

Centurions and **Trident** host a Bar Night at Woofs on the second Friday of each month at 10pm. For information about gay leather in Columbus, visit: leather-links.net.

AIS (Adventures in Sexuality) hosts monthly parties and special interest groups, including discussion groups for dominants and submissives, plus a TNG group for members aged 18-35. For more info: adventuresinsexuality.org.

Please send calendar listings and announcements to Rita@nlacolumbus.com.