

NLA-COLUMBUS

November 2006



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.

Munches Move To a New Location Surly Girl Saloon, Wednesdays @ 6:30

NLA-Columbus munches have relocated to the back room in the Surly Girl Saloon at 1126 N. High Street. The Surly Girl's menu features appetizers and entrees priced in the \$6 to \$9 range, including nachos, artichoke dip, chili, pizza, salads, and sandwiches, as well as a large selection of eclectic beers and cocktails.

"I really enjoy coming here," said NLA-C member Kate at the second Surly Girl munch, "The service has been good, the people are friendly, and the turnout is good." When asked what is the biggest difference between the old and new munch locations, new member Lewis replied that the new munch location is quieter. Attila, who could surely be called an expert on

local munch locations, said, "It feels cozier back here."

Munches provide an opportunity for kink-oriented people to socialize in a low-key environment. At munches, the Grandmother Rule is in effect, which means that you should not do or wear anything that you wouldn't want your grandmother to see. In addition, NLA-C Co-chair Dawn reminds everyone to tip the wait-staff well. "We're kind of a hard group for restaurants to work with because we want special accommodations, privacy, and we all order separately," Dawn says, "But I think it's going to work out really well, and it seems like a fabulous place."



Paddles, Floggers, Golf Clubs and the Unified Field Theory

By Samantha Roberts

Several of us were sitting around at the munch following Salty's great presentation in October about paddles and paddling, and after one too many beers (I think I was the only one drinking, and I'd had one beer, which may have put me in entirely too receptive a frame of mind) somebody asked the question, "Why aren't floggers and canes and paddles and such standardized, like golf clubs? Then when somebody spoke of using a 3-flogger or a 6-cane everyone would know what they meant!"

What a wonderful idea! Of course, the discussion quickly degenerated into consideration of tight black leather knickerbockers, black leather golf caps and what the proper role and protocol should be for a caddy advising a Domme on the selection of a flogger for the next stroke. Inanity. Did you realize that GOLF is FLOG spelled backwards? And does that mean that the one who flogs is a flogger but the one who gets flogged is a golfer?

But the seed had been planted in my beer-fuzzed brain, and a couple of days later I found myself wondering about the standardization of golf clubs and what characteristics are represented by each number. After a couple of hours of online research, though, I discovered that golf clubs really are not standardized at all (surprise!). For each designation (a 3-iron, for example) there is a fairly large range of characteristics such as face angle, shaft length and stiffness, head weight and weight distribution, which are chosen to suit the individual player. The important thing is that those qualities vary in a consistent manner across the set of clubs so the user has the tools he or she needs to handle a wide variety of situations.

Isn't that what we try to do when we put together a toybag? Our toys are chosen because they feel good to

us when we use them, and because they enable us to play in the ways and at the intensity levels we and our play partners enjoy. Just as a golfer has woods, irons, wedges and putters in his bag for different purposes, I may carry floggers, canes, paddles, rubber hose, swizzle sticks and other sorts of impact tools in my toybag. Each has its own flavor, a particular kind of sensation it imparts, and each has a range of use for which it is suitable.

And the Unified Field Theory? Well, that is perhaps a bit of an exaggeration, but it sure sounds impressive! And if you have ever wondered why the impact of a flogger feels different from that of a paddle and a skinny paddle feels almost like a cane but not exactly, I believe I have your answer (actually, I have The Answer, and it is mine and I want to keep it, but if you would like one of your very own just talk with me after class. It has 42 very narrow tails, and I can make one for you for the paltry sum of... oh, no commercials here? Well, see me after class...).

So, the Theory...after studying golf clubs I was looking at Salty's slides about the mechanics of paddles and realized the same concepts (energy, mass density, surface deformation, flexibility and so on) apply equally to floggers, canes and all other impact toys, but those toys produce different results because of three different phenomena that occur when something strikes the skin. Next month, I will explain those basic concepts and the three kinds of impact effect. And I promise... no math.

Samantha welcomes your comments at MsSam53@yahoo.com.

Note: Salty's speciality paddles can be purchased at www.saltylite.com.

Under My Spell

Hypnosis in D/s Relationships

By King Moonracer

Often overlooked by the greater BDSM community, hypnosis fetish has found its niche as a wonderful and powerful tool for training your subs/slaves. The hypno-fetish community can mostly be found online, and the most common theme is the use of hypnosis to feminize male slaves. But nonetheless, hypno-fetishists represent every aspect of the D/s lifestyle. There's even a vast resource of downloadable MP3's for self-scening.

What can one do with hypnosis? Almost anything, from leading a subject through a highly erotic visualization in trance to make them uncontrollably horny when awakened, to instilling a whole new alternate personality that can be invoked by the use of a trigger phrase. Hypnosis can be used as a curse -- say giving someone an erection that won't go away anytime they hear a certain phrase, or see a certain object or piece of clothing, or to make it impossible to orgasm unless the hypnotist specifically gives permission. Hypnosis can be used to create new fetishes in subjects, and to let them reach levels of submission they never thought possible. Best of all, these post-hypnotic suggestions can be given in trance and the subject can be told to not remember anything told to them in trance. I've heard it's a very erotic experience to be put into trance and know that you are being controlled and given instructions and to not be able to remember anything when you're awakened.

Most people can be hypnotized. It takes a level of trust, and most hypnotists believe that you can't make a person do things that are totally against their will during hypnosis. On the other hand, the army has done experiments with hypnosis and was able to make a subject attack their fellow soldier by convincing him that this person was the enemy while in trance. Of course, this brings up ethical issues and any hypno-play should be negotiated and consensual, as you would with any other BDSM activity.

Hypnosis certainly seems to work best to reinforce desires in your subject, and to create new desires in them by linking that to existing desires. For example, if I wanted to create a new fetish in a slave, I would link that to the pleasure they already get from serving their master. It's a matter of leading them in trance to the "logical" conclusion that doing this thing they may never found erotic before is erotic because it makes them think of something else that they already find erotic.

A hypnosis session consists of the induction, which is the process of relaxing the subject and putting them into trance; the script or suggestions given to the subject in trance; and termination, or awaking the subject from the trance. Giving your subject erotic hypnotic suggestions during trance can then in turn lead to more BDSM activities. It is even possible to place a suggestible person in trance during intercourse. Imagine waking up from trance having the best orgasm of your life – or not being able to orgasm, no matter how hard you try.

Hypnosis requires a level of trust, and most hypnotists believe that you can't make a person do things that are totally against their will during hypnosis.

Hypnosis in popular culture is full of swinging pocket watches and the "hypnotic gaze" (look into my eyes...) However, most hypnotists just place their subject into a comfortable lying or sitting position and guide them into trance through a meditative process. The most common process consists of having your subject become aware and relaxing their body, starting with the feet and working through the whole body. Deepening techniques usually consist of counting down a series of numbers while suggesting that the subject fall deeper and deeper into sleep. Other techniques involve a more guided meditation approach, creating a dream like visualization to follow, as they are brought further and further into trance.

There are several outward signs that your subject is in trance. By watching your subject closely, and gauging their level of relaxation, the pace of your suggestions guiding them into trance can be adjusted accordingly. Their pulse rate will slow, and many subjects will feel a distinct change in body temperature. Other signs are increased tearing, eyes rolling into the back of head, and a sure sign is the fluttering of the eyelids. This indicates that the subject has actually entered into

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Hypnosis...continued from page 2

REM sleep. Not all subjects will exhibit all of these signs. Another test is to suggest to the subject that their entire body is limp and asleep, lift their arm and feel the lack of resistance and let go and watch it fall onto the bed. This can be accompanied with the suggestion that the subject will fall even further into trance as they feel their arm fall.

Once in trance, your subject's entire unconscious mind is at your command. Guided erotic visualizations can be used to instill new fetishes, make subtle changes in personality, and even over time change the sexual orientation of the subject. It is always best to start small and provide positive reinforcement in and out of trance. You will also want to provide repetition over multiple hypnosis sessions. Another very important concept is to connect these new aspects of the subject's personality with things they already find pleasurable.

For example, if you were feminizing your slave and wanted them to become a cock-sucking sissy, you would start by describing how wonderful it is for you to suck cock, how much you enjoy it, how you wish you could watch yourself while you do it, etc. before suggesting that your slave perform the act. The erotic fantasy then proceeds with them doing the act, and telling them how happy and horny that makes you. Assuming your slave wants you to be pleased, this eases the way and makes the act erotic for them. This basic technique can be used to transfer all of your preferences and fetishes onto your subject. And of course out of trance, positive reinforcement such as sexual release is used when the desired behavior is exhibited.

Tell your subject how horny she is becoming in trance, how badly she will beg to be allowed to masturbate when she wakes up.

In trance, subjects are far more receptive to statements that lead them -- "you are becoming", "you are starting to notice..." than direct statements -- "you will", "I command you..." There is also a common belief that negative suggestions can't be processed while in trance. In fact, they produce the opposite effect. In other words, to cuckold a subject instead of saying, "you will not get an erection", you should say "your penis will be limp at all times". Repetition in trance is

always good, and my personal favorite is to have my slaves repeat back to me short chants or affirmations I give them to reinforce the directions I give them.

Post hypnotic triggers are a powerful tool for reinforcing a D/s relationship. Triggers can be words or phrases, or an object or piece of clothing. Some common uses for triggers are to allow the subject to fall back into trance immediately, to become uncontrollably horny, or exhibit new personality traits. Triggers fade over time, so they need either to be used immediately or to be constantly reinforced over multiple hypnosis sessions.

A fun exercise is to first make sure that you tell the subject to not remember the trance with their conscious mind and then tell your subject how horny they are becoming in trance, how badly they will beg to be allowed to masturbate when they wake up, and no matter how hard they try they will not orgasm until you say "you may cum now", or even some non-sense word like "orange." Tell them they will have to masturbate and will not be able to stop masturbating or to orgasm until they hear the trigger word.

Of course, during trance, repetition is used and you watch your subject's body language closely. When they wake up and you let them masturbate, you can tease them, and make sure they don't remember the trance. While masturbating, you can let them know what you did to them and they will not cum until you release them with the trigger. Let them sweat it out for a while, and watching their body language to make sure they are at a good point, release them with the trigger word. It's a great technique for teaching your slaves to cum on command.

Termination of the trance is a shorter process, guiding them back to awareness and alertness. Usually a counting up method is used, telling your subject they are more awake and aware with each count. Giving them suggestions that they feel refreshed or energized (or horny), helps add to the enjoyment of the experience.

If you'd like more information than I can give in this article, I've created a web page at:

http://kingmoonracer.dreamhosters.com/hypno_fetish.shtml

The site includes links to hypno-fetish sites, a mainstream hypnosis site with many sample inductions and an example induction/termination of my own that is suited to hypno-slavery.

King Moonracer welcomes your comments at
King_Moonracer@kingmoonracer.dreamhosters.com.

The Fallacy of Self Doubt

Reflections after a weekend in Chicago

By Barak

There are some times within the scene that I have felt a bit apprehensive. Ok, I will admit it, I sometimes feel downright nervous about playing with someone, especially when comparing myself to them based on scene experience or longevity.

While this is mainly an issue of self-confidence and assuredness, it still comes up occasionally. For example, it came up this past weekend at the play party we attended in Chicago. I was sitting and chatting with a leather “celebrity.” This particular celebrity did not refer to herself as a “celebrity,” nor did she attempt to create any power differentials between us. However, to my knowledge, she has been in the lifestyle over 30 years and is a well known authority, who has written many books, etc, etc. So we were talking, person to person, about her next class. She mentioned that she didn’t know many people at this event, and she needed a demo Top.

Before I could stop myself, I blurted, “I would be glad to Top for you.” I immediately looked around to see who had said that! Turns out, I was the one who flexed my legs, and jammed my foot so far down my throat that there was no way to get it out. She grinned and said, “Are you sure? I am a very heavy bottom, and for this class, I want you to really beat the hell out of me.” It was my one chance to cut and run. I must have blanched a little when I realized what I had gotten myself into, and she was offering to let me off the hook. The Edge Playing Domly Dom in me just couldn’t let this opportunity pass by (as this was a huge edge for me, but don’t tell anyone) – that and the fact it wouldn’t be very Domly of me to shy away.

I swelled my chest slightly -- hopefully I was the only one who noticed -- and informed her that I would be glad to be a Service Top with her. We began negotiating, and took a moment to determine what kind of scene we would be doing. It was fairly straight forward; she thought the best way to get her into space was with canes. Hmmm, I was surely grinning at that point. We spoke about any physical limitations; she shared hers, and then covered the basics, warm-up, scene, aftercare, etc. We set the time, then shook and kissed on it, wrapped it all up and then parted.

My Brat Sheba was there the whole time, and as we were walking away, I am sure she felt my whole body humming with nervous energy. She turned to me and said, “Are you ok?” I laughed and told the truth, “I am not sure, but I can tell you I am a little apprehensive

about playing with her tomorrow.” (Ok, so apprehensive may not be the word, but trepidation doesn’t cover it and terrified doesn’t really suit a Domly Dom like me.) The thought of our impending scene would occasionally permeate my consciousness, and bring a moment of angst. Finally, I just informed myself to let it go, and ordered my mental itty bitty shitty committee to “shut the fuck up.”

The next day rolled around, and I got to the class early. I set up some of my more intense gear, and then waited. She came in about 10 minutes early, and we touched base. She had brought some of her toys, and checked out some of mine. My nervousness dropped away for a few moments, that is until the classroom started filling. The room monitor had to send out 3 times for more chairs, and we had started with 50! When she finally just said, this room can’t hold anymore, close the class, I looked back. It was standing room only, and there had to be well over 100 people crowded in the room, including many other “celebs.”

She grinned and said, “Are you sure? I am a very heavy bottom, and for this class, I want you to really beat the hell out of me.” It was my one chance to cut and run.

As you can imagine, my “concern” was running wild. She began to present the class and then went through the basics. Although I didn’t hear all of it, I did pay attention and thought I caught some hints from her. Finally it was time. She directly addressed me, introduced me to the class, and then we began. I really hadn’t planned at all, but that was fine, we walked through the first few moments. I purposely took time to breathe, slow myself down, and relax as I tied her to the cross. From there the energy of the scene increased, ebbed and flowed great! We played heavily

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Self-Doubt...continued from page 5

for a while, then checked in with the crowd, and realized it was time to bring it to an end. I brought her off the cross, held her, and addressed the crowd. We got a huge round of applause, then she went back to loosely wrap up the class.

After class, we spent a little time decompressing and debriefing the scene. We both agreed that it was a very good scene. We left it that hopefully we would get to play another time in the near future. I gathered my gear, brimming with Top Space energy, and went back to our room. Going back over the scene, I could see that the entire build up of anxiety and BS was just that – a little self doubt gone wild!

Later that evening, various people commented on how hot that scene was, or thought we had been playing together for years. When all was said and done, there was no “celebrity” status. The truth of it was she was just another leather player, like me. We were two people trying to play together to achieve a bond, a connection. It wasn’t about egos, or who was huge in the scene and where. It was about fun, heat, sexual/sensual energy, altered states, and endorphin rushes.

*We were two people trying
to play together to achieve
a bond, a connection.
It wasn't about our egos.*

We are not all of the same experiential level within the scene. Some people are fast learners and some aren’t. Some people purport to have been in the scene for years and years. Does that mean they are doing it “right?” No. It may mean that they have been doing the same thing over and over, right or not is for them to decide. Just as what is “right” for us, is our decision.

There is no sense in getting wrapped up to almost passing out with the itty bitty shitty committee in your head. Regardless of who you are playing with, just go for who you are, and what you want. If that is not what they want, Fuck em! They can find someone else to play with. When you are honestly expressing yourself through your needs, wants and desires, the people you play with will feel that, and respond in kind. That will make whatever scene you do a hot and juicy one!

Barak welcomes your comments at
Baraknsheba@aol.com.

What You Want NLA-C Survey

2007 marks the fifteenth anniversary of NLA-Columbus. It’s time to start talking about how we want to commemorate this milestone. Please clip this survey, fill it out, and return it to a board member by December 1st.

1. Do you think NLA-C should do something special to celebrate our 15th anniversary? (circle one)

YES NO

2. If YES, would you prefer:

an afternoon event full day event
 a night event weekend-long event

3. What would you like to see on the schedule? Please rate the following possibilities in order of your preference:

classes + demos brunch
 entertainment/show cocktail party
 charity auction/raffle formal dinner
 awards ceremony play party
 other (please specify): _____

4. Will you volunteer to help make this event happen?

YES NO

If YES, please give us your name and contact info:

THANK YOU!

**National Leather Association,
Columbus Ohio Chapter**

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Shane	Co-Chair
Dawn	Co-Chair
Owen	Treasurer
Rita	Corresponding Secretary
Maggie	Recording Secretary
Mark	Member At Large

Calendar of NLA-Columbus Events

Sunday, November 5	Special Event The Primal Self with Jack Rinella Doors open at 1pm	High Five Bar 1227 N. High Street (at the corner of High and 5th)	Admission: \$5
Wednesday, November 8	Munch Munches are held every Wednesday at 6:30 pm.	The Surly Girl 1126 N. High Street (at the corner of High and 4th)	Free and open to the public
Sunday, November 12	General Meeting General Meetings are held on the second Sunday of every month at 2pm. Topic: TBA	The Stonewall Center 1160 N. High Street (at the corner of High and 4th)	Free and open to the public
Wednesday, November 15	Munch Munches are held every Wednesday at 6:30 pm.	The Surly Girl 1126 N. High Street (at the corner of High and 4th)	Free and open to the public
Saturday, November 18	Bar Night Bar Night is held on the third Saturday of every month at 11pm.	Exile 893 N. 4th Street	Admission: \$2
Wednesday, November 22	Munch Munches are held every Wednesday at 6:30 pm.	The Surly Girl 1126 N. High Street (at the corner of High and 4th)	Free and open to the public
Wednesday, November 29	Munch Munches are held every Wednesday at 6:30 pm.	The Surly Girl 1126 N. High Street (at the corner of High and 4th)	Free and open to the public

Calendar of other local group events

Fightclub TNG will host several munches and a party in November. For more information, visit fightclubtng.org.

Sterling Shadow Club will host a party on Dec 2. For more information, visit sterlingshadow.com.

M_O_R_A_L hosts a munch every Thursday evening. More info: http://groups.yahoo.com/group/M_O_R_A_L/

SORE (Southern Ohio Resource and Education) hosts a workshop on the third Saturday of each month. For more information, <http://groups.yahoo.com/group/SORE>

CORDS will host a special demonstration by Patrick Washburn on *Elegant Pain Compliance Techniques for the Lady Dominant* on December 8th. This event is for female identified dommes and subs only. Admission is \$35. For more information, contact MsBes05@yahoo.com.

CORDS and SORE will host a Christmas Bash on December 9th at 4pm. Attendance is limited to 55, so RSVP soon. The event will feature an auction, raffle, and gift exchange. Bring a dish to share and a kinky gift (\$30 approximate value). CORDS also hosts a fellowship dinner and other events each month. For more information, visit <http://groups.yahoo.com/group/CORDS-Public/>

MAsT (Masters And slaves Together) will host an open meeting on November 19th at the Surly Girl. For more information, http://groups.yahoo.com/group/MAsT_General

AIS (Adventures in Sexuality) will host a party on Jan 13th. For more information, visit http://groups.yahoo.com/group/adventures_in_sexuality.

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

Beautiful Day Poetry

by Lewis L. Francis II

Petals open at the crack of a whip.
A sob and release of pleasure.
A heave, a sigh, a moan of more,
And the morning has just begun.

Marks of a cane imprinted on cheeks.
Fingernails rake the stinging flesh.
A whimper and the petals open wider,
Seeking a thorn, any thorn.

Noon, it's lunch time.
Wrists released from their bonds.
A natural form rises quickly to prepare the meal,
Then feeds of me as I feed from the dish.

An afternoon excursion.
Dressed in clear plastic, you go for a drive.
Stop at several gas stations for a dollar's worth.
Then home, the cream dribbling.

Evening means unwinding.
Bound, kneeling, your head in my lap.
Clamps bite the pink buds; a smile broadens.
I read to you of pain and two pairs of eyes gleam.

As the evening draws to a close,
You thank me for the day's events.
You say. "It was a beautiful day, Master."
I pet your head then cover your back with myself.
"Your day is not over yet, my pet".

As I push through your rings,
I tell you of tomorrow's schedule.
You moan and cry out for another push, or tomorrow, I
do not know.
But I think it was, and will be, another beautiful day.

Lewis welcomes your comments at
yourgodsauron@yahoo.com



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October 06 Financial Report

<u>Income</u>	
NLA-C Dues	135.00
Bar Night	133.00
NLA-I Dues Received	100.00
Party Ticket Sales	370.00
<u>Total Revenue</u>	773.00
<u>Cost of Sales</u>	
_ Pins	
Patches	
<u>Total Cost of Sales</u>	
<u>Gross Profit</u>	773.00
<u>Operational Expenses</u>	
Miscellaneous	58.75
NLA-I Expense	100.00
Presentations (copies)	14.95
Party Supplies	173.77
Other Exp	10.00
PayPal	.88
<u>Total Expenses</u>	358.35
<u>Sep Net Profit</u>	414.65
<u>Assets</u>	
Cash on Hand 09/30/06	4,266.20
Legal Fund Restricted	200.00
Bldg Fund Restricted	100.00
Cash Available 09/30/06	3,966.20
<u>Inventory</u>	
Club Pins (56)	81.67
Patches (16)	72.48
<u>Total</u>	154.15
<u>Year to Date Summary</u>	
Income	4,786.84
Expenses	3,807.80
Net Income (YTD)	979.04