

THE WHIPPING POST

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March 2011

A Peek Inside the Mind of Lady Tie

You just did a scene; the sub is on the cross and lost in subspace... As the Top what do you do next? You do aftercare.

Each person will need something a bit different and that is why you should negotiate this before doing a scene. The sub will have all those wonderful endorphins running in their blood and when the stimulation of the scene stops the endorphins start to ease off also. This can cause many responses. Things like becoming cold, thirsty, giggly, teary, quiet, weak, and cuddly. As the top in the scene it is your job to deal with these. You also have to remember often a scene will cause the sugar in a person blood to drop so that it is low, chocolate or a sweet is a good thing to follow a scene with, but make sure they can eat it without choking.

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CALENDAR OF EVENTS – MARCH

MARCH 4 – Wichita First Friday Munch

MARCH 5 – Private Rental

MARCH 12 – Demo & Dungen Night

MARCH 18 – Sub Spaced

MARCH 19 – Members Night

MARCH 25 – Freaky Friday

MARCH 26 – WOOLF Event

For our Demo this month...

Daddy Matt, President of WOOLF, will present his class about flogging. This will include some historical relevance as well as hands-on. If you have an interest, either as a Top or bottom, this class is for you! And don't worry if you do not have a flogger to bring – we'll make sure you get plenty of opportunities to try one out.

For our Demo in April...

Wichita Instructional Leather Doms (WILD) will present a class on BDSM vs Leather. This will include information on origins, protocol, and more.

Our May Demo...

Will include a cook out and round-robin fetishes. WTF??? Eat, try out a fetish, eat some more, try another fetish, ask questions, try some more...get this picture? This was great fun last fall, so we are doing it again as a spring warm-up. Stay tuned for more information by email and WP. Ω

This is an important step in making the scene a good one. If you're the top, it is your duty to make sure your sub is safe and gets what they need. I personally like to stay within an arms length of a sub until I know they are ok. When I do after care it is for me as well as the sub. It lets me know we are still friends and they care about me after I just caused them pain. While I let them know I care about them even though I caused them pain. I personally fight a level of guilt when the scene is done and especially when the person's emotional response to the scene is tears. I need to know they are emotionally ok and that our connection is still there and strong. I also need to let them know I care about them. I want to help ease them back to a calm mental state.

If you're a sub, you might need cuts and scrapes tended, some water, a snack, a warm blanket, a quiet place to rest. These are things you need to help you get your mental state back to a normal one. It is good for you to know what you will need, make sure you tell the top what that is. If you don't know what you will need, let them know you are not sure what you will need and ask them to be prepared for an unknown response.

Some people may need to be left alone; they will take care of their own needs. But this is something you need to talk about before you play so you know what your partner will need.

I personally like to keep in touch with the sub for a few days just to check in and make sure they are doing ok. I also like to get their thoughts on the scene, did they enjoy this or did it just not work the way they wanted it to. I want to make sure they

feel good about our scene. This is a great way to help deal with sub drop if needed. But that is another article. Ω

ADDITIONS TO OUR STAFF

The board would like to announce the appointment of two of our members to the positions of Editor and WebMistress.

Beautiful Shifter has been selected as the editor of The Whipping Post. Her experience and education will help to raise the bar on our club's newsletter. You will see her work beginning with the April edition.

By the time this edition is printed, Lisa will have begun to revise the 1740 websites. She appeared before the board to present ideas and suggestions for a revamp. The board agreed that she was the right person for the job.

You may look forward to seeing their work right away. But, be sure to offer your words of encouragement as they offer their time and experience in these two important areas of communication.

Krazzy Ray was our previous webmaster, and we are indeed grateful for his work and commitment. He volunteered an enormous amount of time to set up our sites. As mentioned in the last edition of WP, Star got the newsletter up and running. We found that, while it is important to have, it is sometimes a bear to publish. Thanks again to Star for her dedication to getting the job well done. Ω

And in the end it's not the years in your life that count. It's the life in your years.
--Abraham Lincoln

THANK YOU!

The board would like to take this opportunity to thank Nemesis for more than a year of service on the board and to 1740. His dedication, commitment, blood, sweat, and tears helped to make our club and family what we enjoy today. Nemesis has made the difficult decision to step off of the board. His grounded thoughts and words of wisdom will truly be missed. Thank you, Nemesis, for all you have done! Ω

I LIKE IT IN THE CAN!

Our first community fund raiser is going strong! I Like it in the Can is a nation-wide effort to encourage members of the BDSM/Leather community to contribute 1 item per month toward a local food pantry. Our pantry items will be sent to First Metropolitan Community Church @ 156 S. Kansas. MCC has a long tradition of outreach to those who find themselves without enough food or daily essentials. Anyone, regardless of 1740 membership status, may take a valid ID or recent utility bill (in their name) to the food pantry on Tuesdays between 1-6pm and receive assistance. Ω

The 1740 Board

Sir Darren, President

Dr. Nukem, Vice President

Christina, Secretary

Lady Tie, Treasurer

Board Member, OPEN

TOTALLY BOOTS

Wichita Organization Of Leather Fetishes, Inc. will be utilizing the 1740 Club House on March 26th as they host the 2nd annual Totally Boots. This event is dedicated and planned for the boot enthusiast. Presenters from Texas, Chicago, St Louis and Kansas will demonstrate boot blacking techniques, boot worship, and more. This is considered a private event, but 1740 members are always welcome to register @ www.woolfks.com (if you plan to attend their play party you need to register for that, too). Ω

NOTICE

We are looking for members to volunteer, work with the board, and head a committee. The committees we are working on right now are:

Concessions: This person will need to maintain inventory, train and supervise volunteers as well as develop the menu for WFFM.

Housekeeping and Hospitality: This person will assure that the club house is clean, clean dungeon equipment during events, and show people around and encourage them to get to know others.

These positions will have rewards as well as responsibilities. If you are interested or have questions please let the board know with a letter of intent. You may send that to board@seventeenforty.com. Thank you for considering these positions. Ω

Sub Spaced

The newest 1740 evening will start in March. Sub Spaced is for those who identify as sub/slave/switch (in bottom mode) or those who are unsure to get together and share experiences, knowledge and support. This group will be open to those who have been in this for a day or their entire life. We will also welcome some Doms to attend for silent learning experience, with a question section for them, however this is an experiment. The focus is on the sub's needs and wants. This will be the first of our monthly meetings; we are going to be doing some get-to-know each other conversations, sharing experiences, starting on our sub drop web and a few other things.

So come and join us and bring your thoughts, questions and concerns to share in a relaxed environment.

If you are interested contact Lady Tie here or on Fetlife.com (LadyTie) Ω

HEALTH AND WELLNESS

- **HYDRATION:** Drink plenty of water (not that there is anything wrong with our coffee!) before starting a scene. This is equally important for the top and the bottom.
- **STRETCH:** Warm up first! Some simple stretching exercises before you throw your floggers may just keep you from throwing out your shoulder! This may look funny to you, but it really is a good idea.
- **REST:** At some point, you have to get away from the computer and actually SLEEP. Getting a good night's rest will keep you mentally focused when it comes time to plan and prepare your scene.
- **DIET:** Yes, I said the D word. A balanced diet may help you keep that mental focus, too. If you are constantly feeling sluggish, you may need to rethink what you are putting in the ol' fuel tank.

Always consult a physician, banker, or attorney before you do anything that might lead to physical injury! Ω

WE ARE LOOKING FOR IDEAS

The board is seeking ideas and input for our own "signature" event. This event (not our NYE party or the Halloween party) would be a fund raiser for us each year.

We would love to have your ideas. Please send them to us via comment card, carrier pigeon, or better yet – talk to one of us!

Even if you think your idea is not a good one, the less-than-stellar ideas frequently lead to BRILLIANT ones.

Why do we need to have a fund raiser? Some of the projects we/you want to undertake require a little more capital than we have on-hand. For example, new dungeon furniture is not cheap (Dungeon Mart – Wichita went out of business). \$500 would get us a very nice piece of equipment to add to our facility.

Please, take the time and offer us your suggestions. thanks! Ω

