

# Welcome to *CIPEX*

*CIPEX* (Central Iowa Power Exchange) is a non-profit organization. We are a pansexual BDSM support group open to adults who are heterosexual, gay, lesbian, bisexual, or transgendered.

## Vision/Mission Statement

Our primary goal is to promote ethical values and knowledge in the local BDSM community, through educational programs and by the general exchange of information. Our secondary goal is to provide a forum where people interested in BDSM may associate with one another and form friendships with BDSM as a common interest.

## On the Internet

CIPEX Website  
<http://www.cipex.org>

CIPEX on FetLife:  
<https://fetlife.com/groups/14265>

## What does *CIPEX* do?

*CIPEX* offers:

Once monthly munches in a semi-private location for members to come together in a non-threatening setting to meet and get to know each other. Sometimes we will have structured discussions, other times we will just mingle and chat over good food.

Dress code for munches--Dress the way you would dress to go out with your family. This means no overt fetish-wear, obvious collars, or leashes. We are not out to non-consensually involve the public in our kink.

Play parties offered by *CIPEX* or one of its members. Some of these parties may have a fee for attendance; in this case, the fee provides the play space and/or equipment. Anything money above these costs will be applied to the Mischief in May annual event.

Submissive Forums held monthly for bottom-identified persons on personal growth, BDSM understanding and submissive development. A variety of topics are discussed. Dominants are not welcome to attend these meetings.

Bar Meets and other gatherings on an irregular basis, typically called by any member and hosted in a number of different places. Anyone can organize an unofficial meeting for group members.

## **Mischief in May**

Every year since 2010, *CIPEX* has put together a weekend event with presenters, vendors and sponsors from across the nation. Costs are kept low, but quality of presentations is high. Learn about the next annual event at <http://www.mischiefinmay.com>.

## **CIDD-Central Iowa Dinner & Discussion**

Although not an official *CIPEX* event, one of *CIPEX's* well-respected and longtime members, shawnee, hosts the once monthly Central Iowa Dinner and Discussion that is held on the third Saturday of every month. The date, time, location, and topics will post on the site and FetLife. The CIDD is a hosted, group discussion about topics pertinent to the BDSM community and lifestyle.

The dress code for the CIDD is similar to munches. It is held in a semi-private location with the only outside people entering the room being establishment wait staff.

## **Confidentiality and Privacy Statement**

Confidentiality and respect for other members' privacy are extremely important within *CIPEX*.

*CIPEX* members respect the privacy of other members. This means that what happened at, and who attended, a play party, munches, or other *CIPEX* functions stays there. Even if you are talking with another *CIPEX* member who was not able to attend the event, you must respect other members' right to privacy. Do not mention that person by name, and do not describe them. Of course you have the right to discuss what you did while at a *CIPEX* function but if it involves others; unless you have their permission, you should only mention them in general terms such as "a female dominant I know."

If you are not sure how to address someone out in public, ASK! There may be times when you "run into" someone you know from the group in a vanilla setting. If you do not know them well enough to know their real first name, err on the side of caution and do not approach them, especially if they are with family. You can always speak with them at the next munch to find out how they would like you to handle the situation in the future.

Not everyone is able to be out in their community, workplace, or even within their family. The reasons some stay closeted are: children, family members who can't or won't understand, or ethics and moral behavior clauses at work. Being outed, either accidentally or intentionally, can have a devastating effect; not only on the closeted person's life but also on their family's lives as well.

For this reason, any member found outing other members are banned from play parties and/or all group functions. There will be no further warnings. THIS is the warning.

Each *CIPEX* member will receive a copy of the confidentiality and respect statement upon joining the group and once monthly in an e-mail to the *CIPEX* list as a refresher; ignorance will not be an excuse.

The expectation of respecting members' privacy also extends to private e-mail. One should ask on the e-mail list if it is okay to privately e-mail another member and *then* proceed to private e-mail if permission is granted. All complaints of e-mail harassment can be sent to the List Master, Richard, or to a *CIPEX* board member, who will then follow up with the rest of the *CIPEX* board and the List Master. Any member found to be harassing other members by private e-mail will be banned from the e-mail list.

## **What if I meet someone I know at a CIPEX function?**

We all know this is a small world and this does sometimes happen. It may be embarrassing for both of you but remember, you're in the same place for the same reason.

This is one of the reasons we ask all of our members to respect everyone's privacy. Don't mention names when talking about group functions you've attended, online or in person, unless you've been given express permission by the person(s) you want to talk about to do so.

## **History**

*DADG* was started by Lady Nemesis and was originally called DMAD or Des Moines Area Deviants. She started the group in answer to the lack of munch groups local to the Des Moines area. A list serve was set up for DMAD and the group would meet at restaurants to chat and spend time with like-minded folks. The group grew quickly and Lady Nemesis felt the group needed more

direction with people in charge who would lead the group with more focus; around 1998-1999 she stepped down and took a break from the group. During that time, the group underwent a name change, became DADG, and had a three-person board.

Since then the group has grown further, created a larger board, and focused on providing education and fellowship for the local BDSM community. In 2008 the newly-elected board members made some radical decisions for the future of the local munch group. They decided that there needed to be a clear division between the online e-mail list, DADG, and the face-to-face group of people that met a few times a month to socialize, to learn, and to be with like-minded folks.

That is when CIPEX (Central Iowa Power Exchange) was born. It was a difficult birthing, fraught with confusion and some conflict. Over the year CIPEX officially incorporated as a non-profit organization, drew up by-laws, and began the work of growing. The board members worked hard to nurture the newly born CIPEX and their hard work is beginning to pay off.

CIPEX and its mother group, DADG, are working hand-in hand to build a thriving Central Iowa BDSM community where people can go to learn to practice BDSM in a safe, sane, and consensual manner. We're also creating a large social network so like-minded people can have a safe space to just be themselves without having to worry about being judged or criticized for their kink.

## **Recommended Reading**

*Screw the Roses, Send Me the Thorns: The Romance and Sexual Sorcery of Sadomasochism* by Philip Miller and Molly Devon

*Different Loving* by William Brahme and Gloria Brahme

*Consensual Sadomasochism* by William Henkin and Sybil Holiday

*SM 101: A Realistic Introduction* by Jay Wiseman

*How to be Kinky: A Beginner's Guide to BDSM* by Morpheous

*The Loving Dominant* by John Warren

*The New Bottoming Book* by Dossie Easton and Janet W. Hardy

*Conquer Me* by Kacie Cunningham

Leather n Roses  
<http://www.leathernroses.com>

Ambrosio's BDSM Site:  
<http://www.evilmonk.org/A/>

Submissive Guide  
<http://www.submissiveguide.com>

Fetish Exchange  
<http://www.fetishexchange.org>

Within Reality  
<http://www.withinreality.com>