

"Adding Spice to Your Love Live"

February 9, 2008 - 21 O'Fallon

Notes from Ian Koller and Darne Guest's group exercises
from St. Louis Efforts for Aids

The presentation involved a series of group exercises lead by Ian and Darne:

1. The first exercise involved presenting a list of romantic activities (all "safe") and then the group discussed which might be appropriate for Valentine's Day. Everyone was asked to think about "safe" activities they might add to the list.
2. The second exercise involved going over a list of romantic books (reading is a "safe" activity). The group leaders suggested how these might provide helpful tips on adding spice to your love life.
3. The third exercise went over a list of gift ideas. Some of these gifts included sex toys that were "safe."
4. The four exercise listed a number of games that might add spice to your love life. These included "Let's Fool Around", the "Gay Sex" card game, a "Twister Board" and "Gay Sex Coupons".
5. The fifth exercise was a five minute session where everyone imagined a romantic moment. After five minutes of imaging, members of the group were asked to discuss how they felt and why it was meaningful to them.
6. The final exercise was a race. Teams of three men tried to put a condom on a dildo without using their hands.

After these group exercises Ian and Darne described the support groups they sponsor.

1. Ian Koller's support group is Fuse. It meets every Wednesday from 6 - 9 PM at 4385 Maryland. It is in the small building behind Doorways.
2. Darne Guest's support group is Knights. It meets every Thursday at 6:30 PM also at 4385 Maryland.

Ian and Darne ended their presentation by going over the major tasks of St. Louis Effort for AIDS

1. Case management for individuals with AIDS.
2. Sponsorship of support groups.
3. Testing for syphilis, hepatitis A and B and AIDS.
4. Call-in counseling service
5. "Dining Out for Life" - EFA's annual fund raiser.
6. Managing volunteers who participate in EFA major tasks.