

Love, Violet

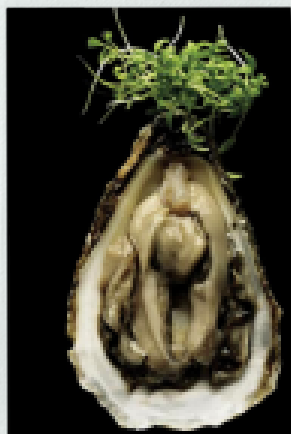
the newsletter of violetfawkes dot com



july & August 2022
volume 2 | issue 5

SUMMER EDITION

this summer on
the blog



article:
All About Aphrodisiacs



product review:
Satisfyer Pro Penguin



Come Sit Awhile ...

ARE YOU HAVING A SEXY SUMMER?

Hello friends, welcome to the Summer 2022 edition of Love, Violet. I hope you're surviving the heat and getting your kicks where you can.

I spent half of July on the west-most coast of Canada lounging on surf beaches, walking in the temperate rain forest, visiting with family and eating more fish and seafood than I have in years. It was an all ages, family trip so it wasn't the sexiest vacation I have had, but now that I'm home and August is unfurling before me, I think I just may have to make up for lost time.

Thanks for joining me here, for reading and supporting. Crack yourself a 'cold one', and kick back: in this edition there's a great interview with E.L. Byrne, tips on sex journaling, and some kinky rope play safety considerations. I hope you enjoy them!

Love, Violet

upcoming sex positive dates

August is Romance Awareness Month

Aug. 5: National Underwear Day

Aug. 13: International Swingers Day

Aug. 23: Go Topless Day

THINKING OUT LOUD



journal your way to hotter sex

GET IN TUNE WITH YOURSELF THROUGH SELF-REFLECTIVE SEX JOURNALING

Journaling is a time-honoured tradition for clearing the mind, expressing thoughts and frustrations, and exorcising our personal demons. For some it may seem quaint and outmoded, but regular journal writing has plenty of value in the 21st century, including journaling about sex.

Whether you're having sex with others or going solo, gathering data on your sex life, as dull or as varied as it may be, can lead to all sorts of insights.

Once you start recording your statistics and experiences, look for patterns and habits. From there you can zero in on things you'd like to change, improve, continue doing, or try for the first time. Sex journaling helps you become more self aware and allows you to examine pleasure and how it works for you.

It may seem silly at first, but keeping a sex journal and recording info about intimate partnered sessions as well as masturbatory habits will give you a broad scope on how sex and pleasure influence, and are influenced by, the many moving pieces of your life.

Ideas to get you started

- Names, dates, pertinent details
- What position was it? How was it?
- Track your orgasms and how you came
- How do you personally define 'sex'?
- Write about a bad or mediocre experience
- Make a wish list of things you'd like to try

COMING SOON to VIOLETFAWKES.COM
Seven Day Personal Intimacy Journal

SEX BLOGGER SPOTLIGHT

E.L. Byrne



To know her is to love her, E.L. Byrne is a sex and travel blogger who will make you laugh, cry, and see the world through her sunny, honest and sex positive lens. She's one of a kind and always fun to talk to, as you'll see in this interview!

Q: For those who are unfamiliar with your websites, please tell us what they are all about?

A: *Lustitude is primarily erotica, real-life sex stories, and more specific sexual content.*

E.L. Byrne is primarily non-monogamy, relationships, a bit of travel- More personal about me. (Though I don't know what gets more personal than real-life sex stories!)

Q: How did you come up with the names and concepts for your sites? What was your inspiration?

A: *Lustitude started out as Longitude and Lustitude- A 40-something Divorcee Travels, Tinders, and Tells-all - I started writing about my sexy adventures around the end of 2016 when I began traveling around the world. Eventually it morphed more into what it is today- Lustitude- Because Lust is an Attitude. I think that is a little more relatable in that everyone experiences lust- not just some horny lady traveling! LOL E.L. Byrne came about as I began to explore non-monogamy. I am always someone who journals and writing helps me process feelings and*

thoughts. As I was processing this major change in my life (around end-2017) I started to also write my memoir. I felt I needed a slightly different audience for the relationship topics than the erotica topics, so I started this one.

Q: Travel and sex are limitless topics, how do you narrow your focus and choose your blog topics?

A: *Lord it is SOOO difficult. Sometimes I feel like I have nothing to write about at all. My best topics and fastest writing takes place when I am writing about something that has excited me, or I have recently learned about myself or how relationships work. The sexy writing happens best after I've had some sexy times myself. Especially after visits to Berlin to see The Sex Scientist.*

keep reading ...

Q: What apps/resources do you use to connect with new people, and why do you use those?

A: *I recently (within the last two years) moved back to the U.S. and meeting new people this past summer has been more of a priority. In person, I like to use Meet-Up to meet other people who may have similar interests. I have joined a wine enthusiasts meet-up and a writing meet-up and even one for women over 40 Online. I am a one app woman- Twitter is really my only social media app. Dating I am still a bit of a Tinder girl, but this summer I joined Feeld and I am currently having some lovely conversations and I am hoping they might lead somewhere interesting.*

Q: How has being polyamorous affected your dating and sex life?

A: *It has "perfected" it. What I mean is, as soon as I understood the scope and possibilities with polyamory- It sunk into my soul almost instantly. I related to it. I KNEW that this is what had been missing in my life. I am more confident in relationships and in who I am now too. I feel like learning about myself and relationships has really improved how I relate, the kinds of boundaries I am able to keep etc. Of course, I am not perfect, but I keep trying to improve.*

Q: In your experience, what is a misconception about sex bloggers that people assume is true?

A: *People assume sex bloggers are model looking 26 year olds. When the reality is most of us are middle-age and so many of us have non-standard (culturally) beautiful bodies. I am a plus-sized 50 (in 3 weeks) year old!*

Q: As a sex blogger who really "owns" her sexuality and sexual expression, what have you had to overcome to get here?

A: *I grew up super evangelical. There is a lot of sex shaming and body shaming in that way of life. Even as a very young teen, I was "encouraged" to cover my body so I would not cause grown men and boys my age to sin. I could never just be comfortable and who I was in my body.*

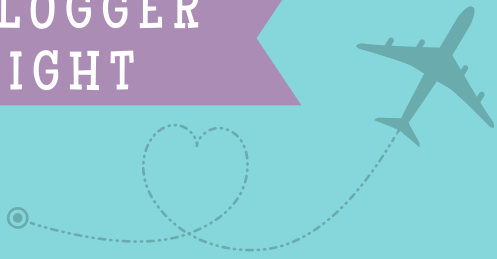
I was a high school athlete, played basketball into college on scholarship, yet my mom would tell me "You are the Crisco kid! You have fat in the can!" It can be really difficult to hear those things and still learn to love your body and enjoy ALL the things it can do.

And Sex? That is definitely not allowed unless you are married! I still sometimes feel awkward when I am dating a married man (fully polyamorous and open and honest) I feel like there is still a part of me that worries- "god hates this!"

Q: If you were to give three pieces of advice to a new sex-positive blogger, what would they be?

A: *Connect with the sex-blogging community. I did this via Twitter. It's not the same as it was those years ago, but we are all there, you just need to find us. Read other sex blogs. Learn the different ways people write about sex, experience sex, and relate to sex. That will help your writing as well. Don't worry if you're not having a lot of sex right now, or you feel some kind of way about your body this month, you still have something to say, your voice is still important.*

SEX BLOGGER SPOTLIGHT



E.L. Byrne

Q: What can we expect to see from your blogs in the next year or so? Any projects or goals you'd like to share?

A: I have a certain sex-blogger friend (ah-hem Violet) who is going to help me revamp both my sites visually. They haven't really changed since I started them! So look for new colors, splashier graphics, and hopefully better organization. I am always hoping to be in the Sex Bloggers Top 100. E.L. Byrne has been a few times, so I'd like to rank a little higher each time and I am preparing Lustitude to be eligible for the first time this year! (Finger's Crossed!) Oh- and I am hoping

"Don't worry if you're not having a lot of sex right now, or you feel some kind of way about your body this month, you still have something to say, your voice is still important."

to figure out how to do a video format "program." One that will focus on how people feel about relationships, what their styles are, what relationships mean to them. I know I translate differently in person and I would love for people to just hear and learn how people relate and love in so many different ways. No one is the same, and yet no one is alone in their feelings.

Q: And lastly, what is your very favourite sex toy of all time?

A: That is a terrible question because I have **THREE** drawers full of toys! My favorite vibrator has a warming head. It is the heat I never knew I needed! Svakom Emma Neo Interactive App Controlled Warming Wand Vibrator For the best squirting results you can never go wrong with the nJoy Wand. That is an old faithful I'll never get tired of.

For a dildo- I love Godemiche toys. I have an Ambit with such pretty colors that gets used quite often. Sorry that was so many more than **ONE** favorite!

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THANK YOU SO MUCH TO E.L. BYRNE FOR HER CANDID AND INFORMATIVE WORDS. IF YOU'RE A SEX BLOGGER OR EROTICA WRITER INTERESTED IN SHARING YOUR WORK, GET IN TOUCH!

THE BACK PAGE

all things kinky and non-monogamous

let's learn a new kink term:

SQUICK

A portmanteau of 'squirm' and 'icky'. The uncomfortable feeling someone may get when they hear or see certain kinky activities.

Someone who has no interest in the activity – it "squicks them out" – but who has no prejudice against the play or people who participate.

what the f*ck is

POLYAM

Ever wondered why "polyamory" is frequently shortened to "polyam" instead of just "poly"?

The term "Poly" is already in use. It is a culturally significant self-identifier used in the Polynesian community. Many polyamorous people don't use it out of respect and instead say they are 'polyam'

Not everyone in the polyam or Poly communities thinks this is a necessary distinction and it is sometimes hotly debated.

Q

A

KINK OR POLY QUESTIONS?

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5 rope bondage safety tips

HELPFUL HINTS FOR BEGINNERS

When first discovering rope it can be very exciting and inspiring. You may want to jump in with both feet, buy loads of rope and weave your partner into an intricate spider's web or suspend them from the chandelier. That's all well and good, but without the correct precautions, rope is a dangerous toy. There's no way to mitigate ALL risk but you can easily make rope play a fun and stress free kink adventure.

Trust & Communication

Know and trust your rope partner. Discuss what the session will include, share limitations, past injuries, etc. and ensure that both of you are aware of the risks and comfortable with the process.

Safety Scissors Required

Always have a pair of safety scissors on hand in case you need to get your partner out of rope ASAP.

The Two Finger Rule

When tying, make sure that you can always slide two fingers under the rope without difficulty. This indicates a snug level of tension that is not too tight.

Give yourself time

Bondage takes time. There's set up, tying, playing while tied, untying/cool down, and then aftercare.

Practice, practice, practice

The more you handle rope, the more proficiently and safely you will use it. Over time you'll get smoother and more in tune with the rope and your partner's responses to it.