



25 YEARS ONE SHOW AT A TIME ~ Who We Are ~

Summer 2011

The Wharf Rats are a group of concert-goers who have chosen to live drug and alcohol free. Our primary purpose at shows is to make ourselves available to anyone who feels we may have something they want. We don't tell others how to attend their show. We offer clean and sober support, strength, fellowship and hope. We are not affiliated with Alcoholics Anonymous, Narcotics Anonymous nor any other twelve-step group. We are a group of friends sharing a common bond, providing support, information and some traction in an otherwise slippery environment. Look for the yellow balloons, signs and the Wharf Rats information table.

Howdy All,

It's been a long time since I've wrote for the news, but I've been thinking about how much the clean & sober music scene has grown. There's a lot of bands out there now that seem to go for the idea of giving us a small space to do what we do best !!! In my mind, that's always a good thing. Festivals & tours & the individual meetings around the country are all a sign that we're on the right track & doing a good service.

In thinking back I remember a conversation I had with Don B. (Daddy Don, as a lot of you know him) a number of years ago.

This was at a time when the Jellyfish were just getting started (don't even think they actually had a name yet !!) The gist of the disscusion was along the lines of: "I don't know about lending the Wharf Rats name to other enterprises" Well, we all know how that turned out~~~~>very happily for all involved !!!

At one point in the conversation (& I'm imagining him thinking "WOW,this little idea could get WAY big) He says "Well, I don't know about having the Wharf Rats just everywhere, 'ya know, like I can't see 'em being at a Clint Black show, for example. That thought stuck w/me for some reason & here we are YEARS later & on Page 3 you'll see that some enterprizing folks are working out a venue specific "Wharf Rats" type deal. Now if I put 2 & 2 together, if Clint Black ever played there.....They'd be a reasonable facsimile of the "Rats" in a situation we never thought possible !!!!!

In this issue, you'll also find a few annoucementments about other "different band's" opening the doors for us to make a presence & be of service, so Have Fun, Dance & Be Happy at even more spots than were available last year !!!!!

~~~~~>Ken H. Sacramento,CA.





## WR CONTACTS AND TABLE COORDINATORS

Wharf Rat Home Page: <http://www.wharfrat.org/>

### Web Site & List-Serv/Database

David F. Norfolk, VA  
Email: [dfrancis@dcf.net](mailto:dfrancis@dcf.net)  
PH: 757-652-1711  
<http://www.dcf.net/home>

### WR Treasurer

**Stickers & Misc. Procurement**  
"T-Shirts" available. Long and short sleeve.  
Warren F.  
34 Oxford Road  
Old Bethpage, NY 11804  
PH: 516-420-0360  
Cell: 516-521-1424  
Email: [NVRMCMGBK@optonline.net](mailto:NVRMCMGBK@optonline.net)

### West Coast Contact & Newsletter Printer/Distributor

Ken H.  
2601 59th St. Sacramento, CA 95817  
PH: 916-451-7518 Alt PH: 916-454-3061  
Email: [RKHill@Gmail.com](mailto:RKHill@Gmail.com)

### Newsletter

**Organization & Submissions**  
Patty Mc.  
PH: 916-208-9559  
Email: [ooshi13@yahoo.com](mailto:ooshi13@yahoo.com)

### Midwest & General Info

Sarah S., Indianapolis, IN  
[sarahspace@comcast.net](mailto:sarahspace@comcast.net)  
PH: 317-319-9566

### East Coast NY / NJ Metro Area

Dana P. - Dix Hills, NY  
Cell: 516-242-7858  
Email: [Dana526811@aol.com](mailto:Dana526811@aol.com)  
Alt: Contact Johnny A. PH: 631-219-6511  
Email: [johnyarc@optonline.net](mailto:johnyarc@optonline.net)

### East Coast

Carol C.  
Chepachet, Rhode Island 02814  
PH: 401-568-1023  
Email: [ccrowther1@gmail.com](mailto:ccrowther1@gmail.com)

### WR Alt. Contact East Coast

Murph S.  
Endicott, NY  
PH: 607-748-9623  
Cell: 607-768-4305  
Email: [Murph513@aol.com](mailto:Murph513@aol.com)

### Midwest

Mama T (Therese) & Daniel  
5192 South 550 West  
Wabash, IN 46992  
PH: 260-563-4771  
Email: [darkstar961@gmail.com](mailto:darkstar961@gmail.com)

### WR Alt. Contact Midwest

Michael "Lefty" D.  
Bellville, OH  
PH: 419-886-2120  
Email: [mdurham@neo.rr.com](mailto:mdurham@neo.rr.com)

### WR Contact Colorado

Bill H.  
Denver CO 80231  
PH: 303-881-4000  
Email: [whorwi1@aol.com](mailto:whorwi1@aol.com)

### Southwest

Caroline "Mom" T. - Scottsdale, AZ  
PH: 480-314-1338  
Email: [Wharfmomt@aol.com](mailto:Wharfmomt@aol.com)  
Alt: Contact Michael M. - Phoenix, AZ  
PH: 520-820-8004 Email: [mam2@mam2.com](mailto:mam2@mam2.com)

### Northwest Seattle Metro

Contact Michael T. - PH: 206-650-7550  
Email: [washingtonwharfrats@gmail.com](mailto:washingtonwharfrats@gmail.com)

### Oregon

Tom R.  
Email: [oregonrats@gmail.com](mailto:oregonrats@gmail.com)  
PH: 541-510-1623

### No. California

Lynn K.  
Mt. Hermon, CA Cell: 510-928-2995  
Email: [Groovylynn@hotmail.com](mailto:Groovylynn@hotmail.com)

### So. California

Lisa T. - Cell: 562-209-2240  
Email: [wharfie@hotmail.com](mailto:wharfie@hotmail.com)  
Chef Larry - Cell: 951-818-6458  
Email: [cheflarry@sbcglobal.net](mailto:cheflarry@sbcglobal.net)

### Southeast Asia

Don "Wharfdaddy" B.  
PH USA : (978) 404-9407  
PH Thai Cell : 011-66-8706-25596  
VOIP Thailand : 978-882-0004  
Email: [bangkokdon@hotmail.com](mailto:bangkokdon@hotmail.com)

## WHARF RAT MEETINGS

### East Norwich, Long Island, NY Save Your Face Group of WR's

Contact: Tom 631-672-6851, or  
Alt.: Sabina H. 516-526-4445  
Email: [beanloveslife@yahoo.com](mailto:beanloveslife@yahoo.com)  
Tuesdays, 7:15-8:45PM, Community Methodist Church. Take the LIE to Exit 41N (106N), take 106N to 25A (Northern Blvd.), make U-turn on corner of 106N and 25A. Entrance on Vernon Ave., Fellowship door. Come One, Come All!

### Indianapolis, IN Rats NA Drain Ditch

Contact Tim D. 317-319-4697 Email: [walstib@netzero.com](mailto:walstib@netzero.com)  
Fridays 7:00-8:00PM, Woodruff Place Baptist Church  
1735 East Michigan Street, Indianapolis, IN.

### NEW !!! Wharf Rat Meeting Starting in Miami on Monday Started 12-20-10

**North Miami, Florida**  
"The Music Never Stopped" AA  
Email: [walshed63@aol.com](mailto:walshed63@aol.com)  
Contact Harrison K. (954) 817-5632  
[h.s.kelner@gmail.com](mailto:h.s.kelner@gmail.com)  
Mondays 7:15-8:15PM  
Back on Track Clubhouse 20377 Northeast 15th Court  
Miami, FL 33179 (305) 653-4727

### WR San Francisco, CA AA

Contact Charlie 415-314-8442 Email: [Csmcchar@aol.com](mailto:Csmcchar@aol.com)  
Thursdays 8:15-9:15PM, Holy Innocents Church, on Fair Oaks, between 25th & 26th Streets. Fair Oaks is parallel to and between Delores & Guerrero Streets.  
Contact Charlie anytime. If you are in the Bay Area and can't make it to the meeting, join them for dinner before the meeting. If he can help you stay sober today, give a call.

### WR Bradenton, Florida

Contact Richard G., Cell: 941-737-3773  
Email: [FCBRFC@gmail.com](mailto:FCBRFC@gmail.com)  
Wharf Rat NA Thursdays 7:00-8:00PM  
has moved to  
Faith United Church of Christ  
4850 SR 64 East  
Bradenton, FL 34208

### NEW !!! Meeting in Pittsburgh, PA "Need A Miracle Group of NA"

Contact: [michellerua@michellerua@gmail.com](mailto:michellerua@michellerua@gmail.com)  
or 412-576-5537  
Tuesdays 8:00 - Music and fellowship at 7:30  
Greenstone UM Church  
939 California Avenue  
Pittsburgh, PA 15202  
Just For Today/Gratitude meeting

**IF WE CAN'T REACH YOU, NO ONE ELSE CAN ! Meeting contacts whose email addys and/or phone numbers are not active, will be removed from the list.** The conclusion being the meeting is no longer active. Please keep us current with your contact info if you want to continue to be listed here. It matters... to the folks out there trying to reach us, it definitely matters. Thanks all.  
Your Editor in Service.





## ONE SHOW AT A TIME

### Sharing in the CleanPoudreXperience

As a newcomer to the clean and sober life and a longtime member of the Grateful Dead community, I was thrilled to learn that the Wharf Rats table would be accompanying Dark Star Orchestra when they played in my hometown of Fort Collins, Colorado. With my good friend and fellow in recovery, Lee, manning the table and in need of assistance, I was also excited to be presented with an opportunity to provide some valuable service and to be part of a wonderful community of love, hope, and support! My love for music and my awareness of the healing power of music has been an important part of my life for a long time. I have now begun a program of recovery from addiction and alcoholism, but I am unwilling to lose the experience of seeing live music, even if that means I have to occasion venues and establishments that serve booze and be surrounded by likely drug users. In fact, the power that music possesses to heal in my life brings me a new importance and appreciation for it while in recovery.

In discussions in and outside of meetings and with fellow recovering drunks and addicts, the topic of how to handle attending events where alcohol is served has come up a number of times. Three major points I have learned about this are to make sure I am on a solid spiritual foundation at the outset, make sure I am going for the right reasons, and, if possible, be surrounded by some sort of sober support or fellowship. Finally, it is always a good idea to consider ways in which you can be of service in these settings. My spiritual foundation is an ongoing process of discovery for me and my higher power. With the love, guidance, and support of my sponsor, as well as all the wonderful brothers and sisters I have met in recovery, I am excited about my ongoing journey of spiritual awakening. Suffice it to say that the magic of live music is a fantastic conduit for my personal realization of a power greater than me. Now, in sobriety, I can finally more fully realize this!

At the previously mentioned DSO show there is no doubt that my Higher Power was both looking out for me and, by His will, paving a path in front of me; one I am so hopeful will provide an opportunity to continue to be of service to

## HAVE FUN AT THE SHOW!

others seeking hope and support in this music scene we love. As set break approached at Dark Star, I found myself pondering the potential for a halftime meeting at this particular show. Certainly back in the day at a 20,000+ Grateful Dead show, or even a 5 or 6 thousand person show...or a Phelliship or Gateway meeting at a big Phish or Panic show...there would be a crowd of clean and sober folks showing up. But a few hundred peeps at a small theater in Fort Collins? I wasn't so sure. Well, including Lee and myself, we had a wonderful little set-break fellowship of about 8 people. It was awesome! Topics like how awesome the music experience is sober and excitement about the upcoming summer music and festival season dominated the discussion.

A couple times mention was made about anticipating the upcoming season at our legendary local outdoor venue The Mishawaka Inn and Amphitheater. The "Mish" is an amazing place to see live music! Nestled in right beside the river in the gorgeous and majestic Poudre Canyon, it is nothing short of magical. I have personally been attending shows there for about fifteen years. Memories that stand out include an awesome Ratdog show, a couple String Cheese shows, a fantastic two night Moe run, countless Leftover Salmon and Yonder Mountain String Band gigs, some amazing bluegrass festivals, and the list goes on and on... As mention was made of this summer at Mishawaka, a light bulb popped on in my head. Wouldn't it be cool if Mishawaka had a clean and sober support table and group for all or most of its summer schedule? After the meeting, as Dark Star was tuning up for a second set, I turned to Lee and said this. He responded that he was thinking the exact same thing!

Not surprisingly, over the years a few "dark clouds" have passed over the Mish related to substance abuse. None have been dark enough, however, to cloud the magic of the music and natural beauty that are the essential Mishawaka experience. It just so happens that new ownership has taken over for this concert season. The new owners are excited and looking for all kinds of ways to breathe fresh air into the Mish experience. After Lee made initial contact with Dani, the new proprietor, response to our idea was very positive. Just last Saturday, after a gorgeous day of hiking in the canyon and relaxing by the river, we had the chance to meet with Dani and discuss in person the initial plan for the CleanPoudreXperience sober support group at Mishawaka this summer. Thanks for the box of stickers, Bill! We will put them to good use. She loved them. And she loves our plan. Two weekends from now, the Waterfront Music Festival kicks off the season at Mish, and we intend to be there in full swing.

Much like the Wharf Rats and 'spin-off' support groups for other bands, we want to make ourselves available to anyone who thinks we have something to offer. We are not affiliating with AA or NA or any 12 step recovery, and we have no desire to tell anyone else how to enjoy their show. We want to provide that same kind of support, information, and fellowship.

It is our hope at Mishawaka to provide a focus and emphasis on the healthy and safe enjoyment of this beautiful scene. We seek to share in an appreciation of the stunning natural beauty of this canyon and the wonderful opportunity that this venue provides to enjoy music and fellowship in such magnificent surroundings. We also wish to share in a common bond of celebration surrounding the joy of music and the fun of dancing and communing together. We additionally are considering the possibility

of providing a model for venue specific sober support groups. This feels especially relevant for me at venues that hold such a special place in people's hearts and the legendary status that a place like Mishawaka holds for me.

Some highlights of this summer's schedule for me include two nights of Leftover Salmon in June, Hot Tuna, two nights of Dark Star, and two nights of Keller Williams in August. But there are many more. Check out the schedule at [www.TheMishawaka.com](http://www.TheMishawaka.com). Come join us and look for the yellow balloons! Let's do the Clean Canyon Boogie all summer long...One show at a time!

Thanks, ChrisT Fort Collins, CO  
May 10, 2011

I have written previously for the WR Newsletter over the years - mostly sharing my finding the WR table at Shoreline Amphitheatre in Mt. View CA back in the late 80s. Reading the copies of the Newsletters (I have many) and keeping in touch with many of the folks over a few years. Knowing that those folks were there and that there was a meeting involved during the show and also getting to know others who did not drink or use drugs was even more of a boost in sobriety for me. I was told at my AA meetings that I needed to quit listening to that "acid rock" and quit wearing tie dye among a variety of "suggestions" during my early sobriety. However, I decided after talking to a few "sober outlaws" and reading the page in the BB that states that if you want to go somewhere considered slippery to do a check on why and where and who, etc and if I felt strong and safe that I could go anywhere I chose. So along with my AA friend we began to test the waters - go to meetings and keep our spiritual sobriety strong - then go out and listen to live music and dance and do some of the things we loved and learn to do them sober. Therefore when I found out about the WRs at my first sober show in 1987 - Eugene Or - I looked for them in 1990 at Shoreline. And the same remains today - Whenever I want to go anywhere that may be a bit slippery - I do my personal check - if I check out ok -then I go and I also know either someone to meet there or take with me. I even have those I call "hostages" who may not particularly love the GD or Jam bands - but they go with me cause I bribe them with a really great time and other fun stuff!!!! My first sober show in OR - I took someone who loved Dylan and he was opening for the Dead!!! (My Lonnie is an old 80s Disco fan (: and when there are shows in Eugene - he gets to camp out at the local hot springs) So for those just coming to and wanting to stay connected with your music and most of your lifestyle - find a show or wherever to attend and take along a hostage or two and as soon as you get there - find the yellow balloons and folks who enjoy being clean and clear and wanting to help others get thru an awesome show without getting high. STAY HIGH ON MUSIC and your life will change drastically!!!!!!! Signing onto the WR list and keeping in touch throughout the year is a huge boost for those wanting to stay connected to the music, recovery and form lasting friendships.

Peace and Sobriety Hugs  
Sheri H Portland Oregon





Hi my name is Krista C and someone had made a suggestion that I write to you about my experience with the wharf rats so thank you for your time.....

At 9 months clean you can see why I may be a little apprehensive when a bunch of my old timer recovery dead head friends invited me to a Dark Star Orchestra show. I was a little nervous before hand about the intense atmosphere , booz , and drugs, and for the simple fact that this was my first sober concert, but because I knew the venue I didn't think there would be too much chaos but of course I thought wrong. It was a great show but after intermission it was getting so stuffy and the weed smoke was so thick you could cut it. I was right in the front having fun until I became quite woozy and could not handle the smell whatsoever. I went straight to my new friends I had met at the Wharf Rats table, and am forever grateful for their existence. During my Rock Out Time Out I got to talk through my dilemma with my fellow rats and they helped me to relax and enjoy the rest of the show except this time I got to sit with them at their table and greet others interested in what they were all about and also watch the out pour of drunken madness , which made me blessed I could finally enjoy a show clean and serene. The show was great and the fact I got to be there sober and clean is something I cannot even describe. Somebody even asked me what was really in my water bottle and I remember proudly saying , "just water!" Thank you Wharf Rats for all you do. ~~~~~>thank you, Krista

Hey Now,

Im looking for some Wrats to do service for DSO tour!  
Please contact me if you would like to do service at a show.  
Sabina H (516) 526-4445 beanloveslife@yahoo.com

Franko Wrote:

It's you people that keep me coming back. My WR brothers & sister's get it when all other avenues don't. I remember my 1st WR meeting in Chicago at Soldiers Field. My sponsor backed out at the last minute. I was clean about 5 years or so & I still wanted to go. I got up the next day & drove to Chi Town by myself wearing Mickey Mouse ears with no tickets. So I got there, rode around the parking lots on roller blades, wearing boxer shorts, mouse ears & nuthin else. Still sober & I got tix of course. I met some of the original Rats, Big Daddy Don was one of them. The rest is history. I felt like I finally came home.

Fast forward to Rothbury 09. I sat around the camp for days doing meetings & sharing with you all. I missed bands that I went out of my way to get there to see but stayed behind to talk & share. It was like coming home again & seeing family you haven't seen in years. That is what it is all about, the fellowship. I may have time & wisdom on my side, but I do know where each & everyone of you came from. We all share the same stories, pain & triumphs. When we lose one of our own, we lose a piece of ourselves. Remember, we all came from the same place, a void that no drug, or drink could fill. Only love can fill.

Funny how I spent most of my life trying to get high & see shows & now when I am the cleanest & in best health & place to be, I barely get see a show anymore. Maybe it's that I treasure them even more now, maybe it's my Karma or lot in life. Either way, I am in a good place & enjoying life as it unfolds in front of me. I wrote an article that will be published next month, I was asked to be part of a healing convention near here, I was asked to speak at another expo on healing & now I am editing a newsletter about healthy homes. I feel I came a long way from the self destruction behavior I used to have.

~Namaste~

Franko

**Tap into clean online communities:**

**\*Camp Traction - Clean & Sober Camping at shows**  
[http:// www.camptraction.com](http://www.camptraction.com)  
[http:// www.myspace.com/camptraction](http://www.myspace.com/camptraction)



**Y O U R T R I B E**

**how can I reach you after the show?**

Hello Guys and Gals -

Just reaching out to the Wharfrat community to let you all know about the latest "Yellow Balloon" group that has formed in support of Umphrey's McGee. The band and management are excited to have Much Obligated on site to offer fellowship and support.

I know I don't need to tell you what we do, you ARE the Wharfrats after all, the Grandfathers of the YellowBallooner community, so you know what we do, and why we do it... So - with the first tour dates up since we have formed I wanted to see if anyone from this community is interested in service work.

All dates can be found on the UM Website  
<http://www.muchobliged.org/tour>

The site is still a big work in progress, so, not much to look at but the functionality is there and working. If you are interested in any dates please fill out the online form, or let me know, as I've been given the honor and privilege of being the Northeast coordinator of this new group, and if you haven't caught UM yet, give them a listen live and in-person (I didn't like them at ALL until I saw them live), it's a fun mix of all different styles!

Much love and big hugs!  
Michelle R

**\*Wharfrats Together:**

[http://health.groups.yahoo.com/group/Wharfrats\\_Together](http://health.groups.yahoo.com/group/Wharfrats_Together)

**\*Wharfrat Women:**

[http://health.groups.yahoo.com/group/Wharfrat\\_Women](http://health.groups.yahoo.com/group/Wharfrat_Women)

**\*Disco Biscuits**

<http://www.thedigitalbuddhas.org>

**\* Phish**

<http://www.phellowship.net/>

**\*String Cheese Incident**

<http://www.scijellyfish.org/>

**\*moe.**

<http://happyhourhero.org/>

**\*Widespread Panic**

<http://www.soberfans.com/>

these are the other clean and sober Yahooogroups links:

Disco Biscuits DigitalBuddhas@yahoogroups.com,

Widespread Panic Gateway-WSP@yahoogroups.com,

Particle GoldenGators@yahoogroups.com,

moe. happyhourhero@yahoogroups.com,

String Cheese thejellyfish@yahoogroups.com,

Phish Phellowship@yahoogroups.com,

Yonder Mountain String Band velcrockangaroos@yahoogroups.com,

Gov't Mule .Monkeyhill@yahoogroups.com