

## Who we are

The Digital Buddhas is an organization that provides support and community to sober Disco Biscuits fans. We are not affiliated with the band, Alcoholics Anonymous, Narcotics Anonymous, or any other fan-based support group. We are kids that love to get down and dirty but without the use of any mind altering substance. We have absolutely no opinion on alcohol and drugs; we neither condemn it nor condone it. We can be found by looking for yellow balloons or our tables at shows. Our main goal is to provide support, information and community to other kids that don't want to use. There are no dues or fees for membership. The only requirement is the desire to stay substance-free shows. Though The Digital Buddhas consists mainly of people recovering from various addictions, we are open to anyone who wishes to remain clean and sober at shows.

Dear Digital Buddha's Volunteer,

Hello and thank you for your interest in chairing The Digital Buddha's table! The only requirement for chairing the table is that you have over 1 year clean and sober in some form of recovery program. Though the Digital Buddha's are open to all who choose to live a clean and sober lifestyle, we feel it is important that the chair people have a recovery background that will provide the experience necessary in helping newcomers with questions about addiction.

The following guidelines have been created to help you be as prepared as possible during your service working the table. We cannot anticipate everything that may occur and ask that you use your best judgment in dealing with situations that may arise. **As a table worker, you are a representative of the Digital Buddha's at all times. Keeping this in mind, we ask that you refrain from any vending and cooperate entirely with all venue personnel and management, and any band crew, personnel or management. Being able to have a table at the show is a great privilege and one that can easily be revoked if it is not respected.**

Keep in mind that everyone is entitled to his or her opinion and not all will appreciate what the Digital Buddha's are doing. We ask that when dealing with these people, and anyone for that matter, you avoid arguments or debates and maintain an attitude of kindness, patience and tolerance. Kindly let them know that your purpose is to provide support to those who seek it, not to debate the issues. You may simply tell one "The Digital Buddha's, as a group, have no opinion on outside issues (drugs and alcohol use)". Also remember that those who heckle might need us most in the future. Let them know by "attraction" that we'll be there. Thank you again for your interest in serving. We hope you find this to be an interesting and rewarding opportunity. Please print these instructions and follow them carefully. Please feel free to contact us with any questions. Have a great show!

Love,

The Digital Buddha's

## WHAT TO BRING

- **Candy** - Always pick up candy beforehand. Any kind use your own discretion Wal-Mart usually does the trick. You can also get some lollipops and little stickers too if you like. Jolly Ranchers are always a fan favorite also. **Remember to save your receipts!**
- **A copy of these instructions.** In case you get confused.
- **Replacement supplies** – The Digital Buddha’s bin travels with the band and will be stocked at the beginning of tour with all of the supplies mentioned below. Chair people like you are responsible for keeping it stocked throughout the tour. At the end of the show you are chairing you should make sure the NEWSLETTERS and supplies mentioned below are all in stock for the next show. **When you notice we’re out of something, write it down and get it before the next show.** If you are not going to the next show, give the list to a reliable Digital Buddha’s member or post a message to the yahoo group to replenish for the next show. You can get most of this at a Wal-Mart; it’s best to not wait until the last minute and save your receipts! Here is a list of all the supplies that should be found in The Digital Buddha’s:

### **The Digital Buddha’s Bin (needs periodic cleaning):**

- ◆ Table cloth
- ◆ String for hanging banner
- ◆ YELLOW BALLOONS - most important, this is how we are found -the bigger the better! If you can get helium, more power to you
- ◆ Tape - to hang balloons and banner with
- ◆ Hard candy (people love this and it’s good to give to someone who might be jonesing)
- ◆ Container for candy - plastic bowl
- ◆ Notebook paper and pens - for mailing/contact list
- ◆ Donation jar
- ◆ NEWSLETTER - The Bin will be thoroughly stocked with Newsletters at the beginning of the tour. If along the way you notice they are running low, please post a message to the yahoo group. The next volunteer can download a copy of the newsletter from the website and have them printed for the next show.
- ◆ Glitter, stickers, stamps, etc. – everyone loves this stuff
- ◆ Binder – with all this information in it
- ◆ Meeting format

- ◆ Bumper stickers
- ◆ Pencils and paper for Set List kits and message board
- ◆ Scissors
- ◆ Membership Directory

## UPON ARRIVAL

- ◆ When volunteering for service a regional table coordinator will have taken your full name. Your name will be put on the guest list for that particular show. Please be ready to enter when doors open and inform the security that you are on the guest list. **DO NOT BE LATE!** In the RARE instance that something TOTALLY AWFUL happens and you cannot avoid being late, when you do arrive you should still be able to gain admittance off the guest list. But it is best to get there early to allow plenty of time to find the bin and set up the table. Do not abuse the guest list privileges the Disco Biscuits were kind enough to give you.

## SETTING UP

- ◆ If you can not locate the table find Mike Polans. He is the Disco Biscuits tour manager. He can usually be located by finding someone with a laminate, tell them you are there to represent the Digital Buddhas, and ask them to radio for Mike. Once he is found he will direct you to an area to set up. Hopefully a table will be available, but one is not guaranteed. In the event that a table cannot be provided, select an area to set up and make do. If the table is in an inappropriate location, such as a narrow hall or opposite a beer stand, consult with Mike about having it moved. If Mike does not have the bin ready and waiting for you, it can usually be found at the Disco Biscuits merchandise table. In the event it is not there, please ask Mike to help assist you in locating it.
- ◆ Hang banner and balloons - try to make visible from a distance.
- ◆ On table set up:
  1. *Basket of candy*
  2. *Newsletters*
  3. *Donation box* - don't let more than a few dollars accumulate at a time and keep the rest of the money in a secure place.
  4. *Membership Directory* - get name, address, phone, e-mail and make note of anyone who is interested in service work in the future. The directory is NOT A NEWSLETTER MAILING LIST. It is a member contact list.
  5. *Bumper stickers* (stickers are for a suggested \$1.00 or greater donations).
  6. *Set lists kits* (small parts of pencils, sharpened, and index cards).
  7. *Stickers, glitter and other various sundries* that suit your whimsy.

- ◆ Locate telephones, rest rooms, first aid, and the security office if it makes you more comfortable.
- ◆ Designate area to serve as a message board. You usually can get some cardboard to use as a message board from one of the vendors inside. Attach a pen.

## SHOW TIME

- ◆ A Digital Buddha's member should remain at the table from the time the table is set up till the end of the show. If you have to leave the table during this time, it is your responsibility to make sure your partner or another trusted member will watch the table.
- ◆ The general duties of the table worker during this time, apart from finding someone to chair the meeting (see MEETING FORMAT) are to be at the table to meet new members, answer questions about The Digital Buddha's, provide support to anyone in need and **SPREAD THE VIBE!!** Use your own experience, strength and hope as a resource and don't hesitate to ask other members for help if you need assistance in answering someone's questions. You are representing the group at this time. Show the people what it's like to be happy, joyous and **FREE! SMILE, LAUGH, HAVE A BLAST!!!**,
- ◆ Dealing with "the unpleasant" - Sometimes a good vibe will not conquer all and it is possible that you will encounter someone who is more than you can handle. If someone is overly obnoxious or obviously out of control, it is appropriate to tactfully guide them away from the table. Do not hesitate to use security if your best judgment tells you that someone may be endangering themselves or others.
- ◆ Working the table can sometimes be draining. Take care of yourself and feel free to have someone sit in for a few minutes if you feel the "negatives" taking over. Take a walk, talk to someone or **DANCE, DANCE, DANCE**

## THE MEETING

After the first set ends, give people **at least** 5 minutes to make their way to the table. You can chair, or ask someone who is local to the area if they would like to chair the meeting. Begin by reading the suggested format. Pass around a collection hat. Try to close it up after 25 minutes to give people enough time to return to their seats. Make sure that anyone who might still need to talk after the meeting knows you are available. Try to note how many people attended in the notebook.

## BREAKING TABLE DOWN

- ◆ Once the show is over, you may begin to break everything down. Venue personnel will want to keep things moving, so try to pack up quickly.
- ◆ **Make sure you remove all balloons and any tape used to mount them!!!.**

- ◆ **Inventory supplies** - Take note of any supplies that need to be replenished (newsletters, candy, tape, stickers, etc.) and do one of the following:
  - a) If you will be at the next show, pick up the needed supplies and bring them the next evening.
  - b) Pass the list on to the next person working the table and let them know they need to replenish those supplies.
  - c) Find a member who will be at the next show and is willing to pick up the supplies. Don't forget receipts.
- ◆ Count all money from the donation box and the collection basket. You may reimburse yourself for the supplies you bought for the table - balloons, tape, candy, copies, pen, paper, etc. **DO NOT ALLOW A LOT OF MONEY ACCUMULATE IN THE BAG OR ON YOUR PERSON!!**. Get a money order or check made out to (Love and Dance) and send it along with the receipts in the SASE with the name of the show the money is from to Patrick:

Widespread Patrick

214 Sage Rd.

Louisville KY 40207

- ◆ If you are chairing several shows in a row, make sure you send the envelopes in as you go. All excess money must be sent to Patrick as soon as possible.

NOTE: All money will go towards The Digital Buddha's expenses such as supplies, mail outs, copies, bumper stickers, phone expenses, web services, etc and towards building a prudent reserve.

- ◆ **After everything is boxed up, drop off the bin at the Disco Biscuits Merchandise Table. This way you can be sure it gets loaded up with the rest of The Disco Biscuit's stuff. This is very Important.**

•☺ **THANK YOU FOR YOUR SERVICE!!** ☺