

RRP 124 — The Glam Lot PDX (Becca S., Bex, Carrington C.) / We Are Not a Glum Lot: Drag, Sober Fun, and Finding Your People

Presenters: Julie P. Lewis and Peter B. Dowell **Episode Length:** 1 hour 34 minutes **Release Date:** July 24, 2026

The Glam Lot PDX brings drag, recovery, and fundraising together under one roof at True Colors Recovery. Becca, Bex, and Carrington join Julie and Peter for a roundtable about why fun matters in sobriety — and how they're building a community where nobody has to choose between being themselves and staying sober. From Friends in the Park to drag bingo to raising money for the Trevor Project, this crew is living proof that recovery can be loud, colorful, and full of joy.

Key Points:

- [00:05:00] Meet the Glam Lot — Becca (returning guest from EP 18) and Carrington co-founded it, Bex joined about a month ago
- [00:07:00] Bex shares: six months sober, they/them pronouns, found community fast
- [00:11:00] The philosophy: "If you don't have fun in your life, you don't have interests, you don't have hobbies — what's the point?"
- [00:14:00] Friends in the Park: bingo, potlucks, bring a newcomer — how it started during the pandemic
- [00:16:00] Becca got into drag watching YouTube tutorials during lockdown
- [00:20:00] Telling people you're sober — Bex on the friends who disappeared and the ones who stayed
- [00:27:00] Drop the Rock, step work, and defense mechanisms
- [00:34:00] Peter on finding Lunch Bunch: "These are my people"
- [01:04:00] Carrington on doing hyperfemme drag as a cis woman: "Is this okay?"
- [01:10:00] The Glam Lot's mission: spread recovery through the art of drag and raise money for charity
- [01:13:00] Raising money for the Trevor Project through True Colors
- [01:28:00] Final advice: get a houseplant, don't give up before the miracle happens, have some fun

Websites Discussed:

- The Glam Lot PDX on Instagram
- The Glam Lot PDX on Facebook
- True Colors Recovery
- Kings and Queens Meeting
- 4D Recovery
- The Trevor Project
- Real Recovery Podcast

Listen: <https://mdcr1.com/124> **Read the Blog:** <https://mdcr1.com/124b>

"Our mission basically is to spread the word of recovery through the art of drag." — Bex

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#WeAreNotAGlumLot, #RecoveryPodcast, @realrecoverypodcast