

# A ROCK & ROLL MUSE



paperback). However this collection of memories is about "other friends" of the rock and roll famous. Taking nearly two years to complete the book, Pamela is entrusted with bitter-sweet memories of women who have spent time with a well known musician or two. Stories unfold of experiences with Elvis Presley, Denny Laine, Mark Lindsay, David Cassidy, Pete Townshend, Paul Stanley, Iggy Pop, Billy Idol, Gene Simmons... and the list does indeed go on. While all participants knew that spending time with these rockers did not guarantee a life time of commitment and some had their hearts broken along the way, they were also able to look back with perspective of how things began and ended.

By Helen Marketti

Sometimes when we listen to our favorite music we often think of a particular time in our life. Hearing a certain song can propel us back to high school, remembering when we got our first job, passing our driving test or some other significant event. Music can help us through the highs and lows of life.

A chosen few can actually say, however, that they have personally known the musicians who have written the tunes which contributed to the sound tracks of our lives. Hanging out with rock bands has its perks such as being given backstage passes, being invited to exclusive parties, being taken on vacations, shopping sprees or even being asked to go on tour.

The word "groupie" seems to have a stale stigma attached to the term and often the thoughts are not very complimentary. Groupies go with rock and roll territory and that's just the way it is. Think of rock groups of yesterday and today and chances are likely that a few devoted ladies will be eager to make the acquaintance of a drummer or lead guitarist.

Pamela Des Barres who is perhaps the most famous groupie of a rock and roll generation has penned her memoirs in such juicy reads as *I'm With The Band* (1987), *Take Another Little Piece of My Heart (A Groupie Grows Up)* (1992), *Rock Bottom: Dark Moments in Music Babylon* (1996) and her most recent page turner is *Let's Spend the Night Together* (2007, now available in



"The word 'groupie' had become tarnished and dated. Groupies were getting bad raps. These women were right where they wanted to be and the musicians wanted them there, too," explained Pamela when asked what made her decide to write the book.

During the mid to late 60s Pamela was living in the Los Angeles area and doing her creative best to become closer to the musicians who were singing her favorite songs. "I wasn't satisfied with just hearing their music on the radio. I wanted to make their acquaintance," explains Pamela. "I had a huge crush on Chris Hillman who was in The Byrds. When they were on tour I used to sneak on his porch and sleep in his hammock. He lived in the Laurel

Canyon neighborhood which was a beautiful, magical place. So many of the rock guys lived there." Her little black book of close friends has included Jim Morrison, Keith Moon, Mick Jagger and Jimmy Page. She continues with describing the music of that time as well, "It was a

revolutionary time, a musical renaissance. It was the best music ever made."

While there will probably always be those who will draw their own conclusions of what a "groupie" is, Pamela's definition will offer a new spin on age old traditional thinking. "A groupie is a musician's writing muse. A true groupie is all about the music. It's about spending time with people who inspire you, lift you up and encourage you to be creative yourself. A groupie is a girl who wants to be around groups, period."

Today, Pamela's life is full and rich with good friends and a wonderful relationship with long time boyfriend Mike Stinson. Other projects that she is working on include writing another book which will be about her spiritual path and lessons of life learned from the masters along her journey. Pamela said, "Many people may not know that about

me. The spiritual path I've been on and what I have studied for many years."

Pamela is also an ordained minister who is able to perform marriages. She teaches creative writing classes and has recently started giving Rock Tours in Los Angeles. "I rent a van, take about 10 to 12 people once a month and I give them the tour of Laurel Canyon and places like that where many of the rock guys lived or played," said Pamela.

She continues, "I also write a column for Rolling

Stone Magazine in Italy. I interview rock stars for my column."

To keep up with Pamela's projects and latest updates please check out: [www.pameladesbarres.net](http://www.pameladesbarres.net) [www.myspace.com/therealmisspamela.com](http://www.myspace.com/therealmisspamela.com) More information about Pamela's books may be found on her web site and through Amazon.com. Please also check your local book stores.



Pamela with Robert Plant Photo credit: Gary Miller

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