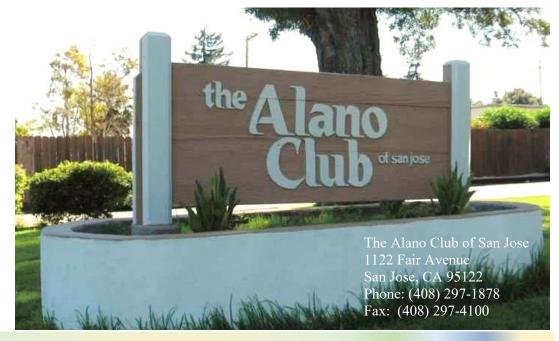
# July 2024 in this issue >>>

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Member of the Month
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### The Alano Club of San Jose

# Newsletter

#### Board of Directors >>>

Ernie Orta – President
Mark Buchanon – Vice President
Kelly Bennett – Secretary/Treasurer
Laura Martin
Phil Lohafer
Jeanne Wiens
Richard Boyce
Arlene Lopez

#### Alano Club Staff >>>

Tony Baron – CEO
Harvey DeJesus – Assistant Manager
Cindy Carrasco – Café Manager
Regina Palacios
David Bodine
Dominique Cabrera
Tammy Aguirre
Brianna Martinez

## **Building/Grounds Maintenance >>>** Harvey DeJesus



#### **July Recovery Milestones**

Name	Birthdate	Years	Name	Birthdate	Years
Katlyn S	7/2/2023	1	Samantha R	7/19/2019	5
Tony B	7/4/1973	51	Kevin B	7/19/2019	5
Gabriella V	7/5/2001	23	Ed S	7/20/1984	40
Ruben G	7/9/2022	2	Claude R	7/20/1976	48
Cassandra	7/9/2008	16	Patricia G	7/22/2016	8
Jeanne W	7/10/2013	11	Kiki M	7/22/2008	16
Mark P	7/10/1986	38	Montana W	7/24/1996	28
Rudy P	7/11/1998	26	Tim M	7/24/2012	2
Penny J	7/12/2014	10	Mike S	7/25/1971	53
Ricky L	7/13/2005	19	Tammy A	7/26/2009	15
John O	7/14/1997	27	Charlotte G	7/29/2010	14
Lisa R	7/15/1999	25	Mario G	7/30/2019	5
Tyler B	7/18/2023	1	Don G	7/30/1994	30

#### Member of the Month

Mark Buchanon

"For his equipment purchases and constant willingness to make our Club a bit better."

Thank you!





## Member's Bulletin Board

#### Welcome New Members! >>>

- Charlotte G > Brett W
- Edgar A

- ➤ Miller P
- Cruz M
- Rob S

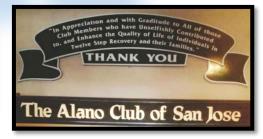
- Gretchen F
- Miguel G > Bill M
- Jerry G

- James O Rutger H
- Gabriella V

- Kindra T
- Doug H
- Roberto L







Classification	Monthly	Six Months	Thirteen Months
Regular Member	\$30.00	\$150.00	\$300.00
Senior	\$20.00	\$100.00	\$200.00
Couples (each)	\$20.00	\$100.00	\$200.00
Out of Town (75+ miles)	\$20.00	\$100.00	\$200.00
Lifetime Member	\$3,000.00		
Lifetime Senior	\$2,000.00		

#### Dues and donations can now be paid online.

#### Member's Dues:

https://www.alanosj.org/

Scroll down to Membership Information

**Highlight Your Dues Amount** 

And Choose Your Payment Option

#### **Donations:**

Type in Alano Club of San Jose in search for charity bar

https://www.paypal.com/fundraiser/hub

First option should be the alano clubs' charity profile. Click donate and follow instructions.

https://www.paypal.com/US/fundraiser/charity/2230781

#### From the mind of Management >>>

#### We got it!

A parking lot without bird baths. With climate change you may still need rain shoes, but not hip waders.

Thanks to your generosity we are able to make some most needed changes for the better.

**Love Tony** 









# The Club Heartbeat



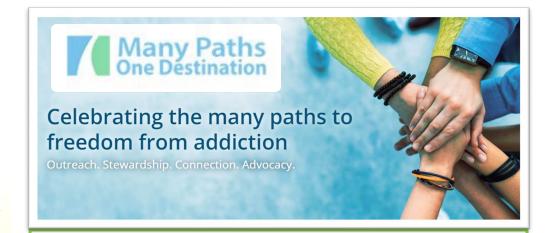
I had the genuine honor of sponsoring Tyler B. for close to a year, and he died with more than a year of sobriety. Sadly Tyler damaged himself too much with drugs and alcohol prior to his hard-earned sobriety. The pleasure was mine. ~ Tony Baron



On April 24th 1975, Geana T. came into the world. She entered into the world of A.A. four years ago and became a devoted trusted servant. Always smiling laughing and happy. She left us clean and sober on May 30th to join the rest of our family in the big meeting in the sky. She will hold a special place in all our hearts. ~ Belinda



We paid our respects to a great friend and brother, Nick T., this week. His smile lit up every room and he was always willing to be of service, had something positive to say, and just showed how big a heart he had every time he reached out to those in need. Despite his own issues, he never hesitated to profess his love of God. Nick will be missed by many and forgotten by none. Gone too soon, you will always be remembered as "OUR NICK"



#### "All paths to recovery are welcome!"

This month, Many Paths One Destination (MPOD), a local Non-profit often referred to as the "United Nations of Recovery" has been approved by the Alano Club San Jose Board to begin to integrate alternative recovery support groups to expand the reach and impact of the club on the recovery community.

The Alano Club will be hosting a Monday evening weekly meeting of LifeRing, a secular support group for recovery focused on the choices we can make everyday to choose abstinence from alcohol and other drugs.

In addition, SMART recovery will offer a Thursday weekly group, an additional secular group grounded in CBT, or cognitive-behavioral therapy strategies to change our thinking, which changes our feelings and then leads to changed behavior.

Twelve Step members are more than welcome, and it is the *Many Paths One Destination* dream that The Alano Club will expand to become a drop in destination for people from all recovery backgrounds who want a safe and sober community.

~ Mary Cook www.manypathsonedestination.org

Do you have something you would like to share?

We would love to hear from you!







# Meeting Schedules

#### **Many Paths One Destination**

Туре	Day	Time	Details	Details
LifeRing	Mon	7:30 PM	In Person-Patio Mtg	Secular Support Group For Recovery
SMART	Thu	7:30 PM	In Person-Patio Mtg	Secular Group Grounded in Cognitive Behavior Therapy

#### **Overeaters Anonymous**

Туре	Day	Time	Meeting Name	Details
OA	Mon	7:00 PM	Grupo Un Plan De Vida (Spanish)	In Person Only
OA	Thu	7:00 PM	Grupo Un Plan De Vida (Spanish)	In Person Only
OA	Sat	9:00 AM	Grupo Un Plan De Vida (Spanish)	In Person Only

#### **Narcotics Anonymous**

Туре	Day	Time	Meeting Name	Details
NA	Sun	10:00 AM	One Primary Purpose	Hybrid
NA	Sun	6:00 PM	Any Lengths Home Group	In Person Only
NA	Tue	7:30 PM	Recovery at Work R.A.W	In Person Only
NA	Tue	7:00 PM	Un Paso a la Vez (Spanish)	In Person Only
NA	Fri	7:00 PM	Un Paso a la Vez (Spanish)	In Person Only
NA	Sat	7:30 PM	Any Lengths Saturday	Hybrid

#### Al-Anon

Type	Day	Time	Meeting Name	Details	Zoom ID
Al-Anon	Mon	8:00 PM	Monday Night AFG	Hybrid	Meeting ID: 339-961-4550 Password: 149229

#### **Codependents Anonymous**

	<i>-</i>			
Type	Day	Time	Meeting Link	Details
CoDa	Sun	5:00 PM	<u>CoDA</u>	Hybrid
CoDa	Wed	6:30 PM	CoDA	Hybrid



Type	Day	Time	Meeting Name	Details
AA	Sun	6:00 AM	A New Day	Zoom Only
AA	Sun	8:30 AM	Cup of Coffee	Hybrid
AA	Sun	12:00 PM	The Daily Reprieve	Hybrid
AA	Sun	1:30 PM	Women In Power (Women)	Hybrid
AA	Sun	3:00 PM	BYOB (bring your own book)	Hybrid
AA	Sun	5:00 PM	Fair Ave Men's Meeting	Hybrid
AA	Sun	6:30 PM	Back to Basics	Zoom Only
AA	Sun	7:00 PM	Gathered Together for Sobriety	In Person Only
AA	Sun	7:30 PM	Women's Meeting (Spanish)	In Person Only
AA	Mon	6:00 AM	A New Day	Zoom Only
AA	Mon	9:00 AM	Cup of Coffee Meeting	Hybrid
AA	Mon	12:00 PM	The Daily Reprieve Meeting	Hybrid
AA	Mon	2:00 PM	Sober Meeting	In Person Only

Continued...



AA	Mon	4:00 PM	Golden Keys	Hybrid
AA	Mon	6:00 PM	Back to Basics	Hybrid
AA	Mon	7:30 PM	Hora De Vivir (Spanish)	In Person Only
AA	Tue	6:00 AM	A New Day	Zoom Only
AA	Tue	9:00 AM	Cup of Coffee Meeting	Hybrid
AA	Tue	12:00 PM	The Daily Reprieve Meeting	Hybrid
AA	Tue	4:00 PM	Golden Keys	Hybrid
AA	Tue	6:00 PM	Back to Basics	Hybrid
A A	т	7.00 DM	Circo Manting	Hybrid - Zoom ID: 867 1097 1265 Password:
AA	Tue	7:00 PM	Cigar Meeting	79ypXn
AA	Tue	9:30 PM	A New Poy	Hybrid
AA	Wed	6:00 AM	A New Day	Zoom Only
AA	Wed	9:00 AM	Cup of Coffee Meeting  The Daily Paperage Massing	Hybrid
AA	Wed	12:00 PM	The Daily Reprieve Meeting	Hybrid
AA	Wed	4:00 PM	Golden Keys	Hybrid
AA	Wed	6:00 PM	Back to Basics	Hybrid
AA	Wed	7:30 PM	Hora De Vivir (Spanish)  A New Day	In Person Only
AA	Thu	6:00 AM	,	Zoom Only
AA	Thu	9:00 AM	Cup of Coffee Meeting  The Daily Paperage Maeting	Hybrid
AA	Thu	12:00 PM	The Daily Reprieve Meeting	Hybrid
AA	Thu	4:00 PM	Golden Keys	Hybrid
AA	Thu	6:00 PM	Back to Basics	Hybrid
AA	Thu	7:30 PM	Hora De Vivir (Spanish)  A New Day	In Person Only
AA	Fri	6:00 AM	The Daily Reprieve	Zoom Only
AA	Fri	12:00 PM	Cup of Coffee Meeting	Hybrid
AA AA	Fri	9:00 AM 4:00 PM	Golden Keys	Hybrid
AA	Fri	4.00 PIVI	Bedtime Story Speaker Meeting (Chip	Hybrid
AA	Fri	6:00 PM	Mtg)	Hybrid
AA	Fri	7:30 PM	Hora De Vivir (Spanish)	In Person Only
AA	Sat	6:00 AM	A New Day	Zoom Only
			Cup of Coffee (Chip Mtg last Sat of	
AA	Sat	8:30 AM	month)	Hybrid
AA	Sat	10:00 AM	Think Tank (Men)	Hybrid
AA	Sat	12:00 PM	The Daily Reprieve Meeting	Hybrid
AA	Sat	12:00 PM	Medicine Crow Talking Circle	In Person Only
AA	Sat	7:30 PM	Women's Meeting (Spanish)	In Person Only

### **Business Meetings**

Type	Monthly	Time	Meeting Name	Details
CLUB	First Thursday of Every Month	5:00 PM	Board Meeting	Hybrid - Zoom ID: 375-663-8100 Password: 95122
FAFG	Second Wed of Every Month	7:00 PM	Steering Committee	Hybrid - Zoom ID: 618-624-2512 Password: 241520

# July Events



# IT'S DANCE NIGHT

AT THE ALANO CLUB OF SAN JOSE WITH



Scheduled Dances Through 2024
Friday, July 26
Friday, September 27
Friday, November 29

1122 Fair Avenue, San Jose, CA 95122

This is a Family Friendly Event!

# ADRIAN FLORES • PRESENTS

# RECOVERY IN DANCE 2024



## Saturday July 20th

2:00 - 3:30 pm

1122 Fair Avenue San Jose, CA 95122

Telephone Adrian 925.766.8136 Patricia 510.453.0343

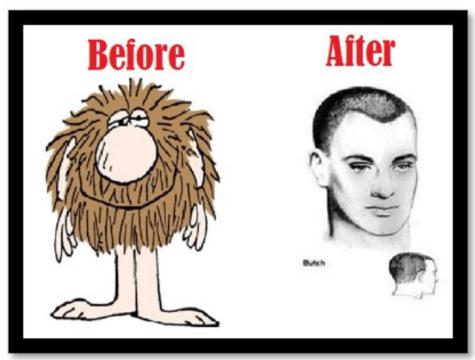
This is a free event.



## WALTZ A RUMBA A TANGO SWING A SAMBA A FOX TROT

We've converted the 12 Steps into dance moves. Learn to dance and raise your consciousness as partners. Practice what to do -and- what not to do, to get the best possible outcome out of any team effort.

# Buzz Cuts by Bill



Any contributions go to the Alano Club

By Appointment (408) 726-6228

Saturdays 1:30 - 4:30 @ 1122 Fair Avenue



# the Alano Club of San Jose





Did you see our coffee cards? Stop by the café and retrive a coffee card when you buy a coffee and the 10<sup>th</sup> cup is on us!

FM \$4.55

\$4.55 \$4.55

BREAKFAST MENU: st & Hashbrowns/ Country Potatoes coffee or Fountain drink

Includes: Toast & Hadii			PANCAREO		- 1
2 EGG BREAKFAST:	M	FM		W	FM
2 Egg Breakfast		\$12.35	a. a.k	\$5.25	\$6.83
Choice of Ham, Sausage, Chorizo		_	2 Stack	\$5.75	\$7.48
2 eggs (no meas)	\$1.30		0 0	\$6.25	\$8.13
Hashbrowns & touchest	V, v		French toast		

Steaka Lys	Frem	01.	
OMELETTES:		SIDE ORDERS:	
UMELE.		SIDE UNDERFO	
JUST Meat Bacon Sausage, Ham OR Chorizo \$11.00 \$14.30 \$10.00 \$13.3	0 Toas	st \$	2.75
JUST Cheese			\$3.25
Veggie (bell peppers, onions, tomatoes, \$10.50 \$13. olives and mushrooms') \$13.00	65 Has	on, Hain,	\$3.75
olives and \$13.00			\$2.50
Suicide (bell peppers, onions, tomatoes, (bell peppers, mushrooms' Ham, 14.	.90 Ve	ggies	

	614	30			
JUST Meat Bacon Sausage, Ham OR Chorizo	\$10.00 \$13	3.30 To	ast		\$3.57 \$4.2 Hamburger
JUST Cheese				33.20	Treese R
Veggie (bell peppers, onions, tomator olives and mushrooms')	\$10.50 \$1 \$13.00	3.65 Ha	shbrowns Icon, Ham, Sausage	\$3.75 \$2.50	Back Chee
Suicide (bell peppers, onions, tomato olives and mushrooms' Ham, gausage & bacon)	es,	14.90 V	eggies	\$2.00	Double Bacon
Combo#1 Oatmeal with the Works + to (raisins, brownsugar) Combo#2 Pancakes & Eggs Combo#3 Two Breakfast Burritos (eggs, chorizo, potatoes &c.)	\$8.00	\$9.10 \$10.40 \$10.40	OR EGGS MAT BO	DD, SHELLI CREASE YOU DRNE ILLN	SANDV Grilled cheese Ham & Cheese Turkey Breast Patti Melt
(engs, chorizo, F			DO MAY CO	NIAIN SIC	lub u

Combo#3 \$8
Two Breakfast Burritos
(eggs, chorizo, potatoes &cheese)

Combo#4 Breakfast Sandwich (Fried ham, cheese &egg)

	\$3.23	Cheese Bui
Sausage	\$3.75	\$4. Double Che
	\$2.50	\$3Down Chee
	_	\$3Double Bacon
		SANDI
ONSUMING I	RAW OR MEATS,	Grilled cheese

Lunch & Dinner Menu Includes: Side & fountain drink or of SIDE ORDER  \$4.21  Cheese Burn  M FIN	
\$3.57	
\$4.25 Hamburger SIDE ORDER	Coffee
S4. Double of \$9.00 cm	S:
	M
\$3 Double Bacon Cheese Burger \$11.00 \$13.30 Macaroni Salad	\$3.50
\$12.00 \$14.05 Macaroni Salad	03.50

	WITHK Or	Coff
M FM \$9.00 \$11.7	SIDE ORDE	RS:
\$11.00 \$13.30 \$12.00 \$14.05 \$1 \$13.25 \$17.23	Potato salad  Macaroni Salad  Green salad  French Fries  Cheese Fries	M FI \$3.50 \$4.5 \$3.50 \$4.55 \$3.50 \$4.55 \$4.50 \$5.85
\$8.25 \$10.73 \$9.00 \$11.70 \$9.00 \$11.70 10.00 \$13.00 13.00 \$16.90 10.00 \$13.00 3.25 \$10.73 0.00 \$10.73	Chili Cheese Fries Boiled egg	\$6.00 \$7.80 \$6.90 \$8.87 \$1.50 \$1.95



\$7.00 \$9.10

REGUS MA	DD BORNE ILL Patti Melt	\$9.00 \$11.7
	CONTAIN S'CILLE	\$9.00 \$11.7
WHE	DL	\$10.00 \$13.00
	Tuna Salad	\$13.00 010
	Tuna Salad Sandwich Egg Salad Sandwich	\$13.00
	Sandwich	\$8.25 \$10.72
	Flour T-	\$10.00 \$10.73
	Bowl of C	\$6.00 \$7.00
	111 doa	\$0.00 \$7.80
1	Chef Salad	\$5.50 \$7.1E
1)	Small	\$2.50 \$3.57
	Large	\$7.25 \$9.43
		\$8.50 \$11.05
		V11.05

SANDWHICHES:

## Please support your club advertisers!



#### THOMPSON SHARKEY

ATTORNEY AT LAW

LAW OFFICE 93 DEVINE STREET SAN JOSE CALIFORNIA 95110

thompsonsharkey@att.net 408- 283 -9458











#### advertise here >>>

If you are licensed and bonded with a Trade, and/or run your own business, we welcome you to advertise with us! Your Business Card will also be placed on the Alano Club website <a href="https://www.alanosj.org/supporters">www.alanosj.org/supporters</a>. We continue to support your business!