

**June 2026  
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1122 Fair Avenue, San Jose, CA 95122 Phone: (408) 297-1878 Fax: (408) 564-8063

# The Alano Club of San Jose

## Newsletter

**Board of Directors >>>**

- Joey M. – President
- Ernie O. – Vice President
- Patricia M. - Secretary
- Kelly B. – Treasurer
- Arlene L.
- Beth S.
- Bill F.
- John K.

**Alano Club Staff >>>**

- Tony Baron – CEO
- Harvey DeJesus – Assist. Manager
- Regina Palacios
- Tammy Aguirre
- Jane Shetterly
- Monique Fernandez
- Sarah Martinez
- Jerry Grijalva
- Jimmy Mulleniux

**Building/Grounds >>>**

- Harvey DeJesus

### June Recovery Milestones

Name	Birthdate	Years	Name	Birthdate	Years
Peter V	6/6/1985	41	Michael B	6/16/2025	1
Sharon M	6/6/2007	19	Valentino D	6/20/2003	23
Doug K	6/10/1988	38	Richard P	6/22/2015	11
Richard B	6/10/1989	37	Daniel M	6/22/2018	8
Robert M	6/10/2019	7	Patrick P	6/26/1989	37
Joey M	6/11/2007	19	Tammy A	6/27/2024	2
Nina S	6/11/2013	13	Garry B	6/28/1990	36
Jeff S	6/13/1991	35	Deandre K	6/28/2025	1
Manny T	6/15/1992	34	Brian M	6/29/1989	37
James M	6/15/2024	2	Jacques G	6/29/2008	18
Alice N	6/16/2022	4			



### Member of the Month

**Mario Hernandez**

*For all the activities that you help us with at the Club.  
We Thank You!*

*(photo of Mario & his Father)*



# Member's Bulletin

## Welcome New Members! >>>

- Kiki M.
- Terisa M.
- Bill B.
- Kevin R.
- Kindra T.
- Henry C.
- Lewis W.
- Ray S.
- Diana B.
- Brian R.
- James M.
- Valentino D.
- Maricela A.
- Lalo N.
- Lisa R.
- Tiffany V.
- Alvaro A.
- Stephen W.
- Thompson S.
- Erick R.
- Art V.
- Mark O.
- Craig H.



## Membership Dues

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)	\$10.00	\$60.00	\$120.00
Lifetime Member	\$3,000.00		
Lifetime Senior	\$2,000.00		

Dues and Donations can be paid on the club website.

<https://www.alanosj.org/dues-and-donations>



## From the Mind of Management >>>

First, I want to thank you for your past generous support of our Alano Club.

The Alano Club of San Jose has long provided a safe, welcoming, and supportive meeting place for individuals and families seeking recovery, fellowship, and hope.

Through daily meetings and community support, the Club continues to serve people from all walks of life who are working to improve their lives.

And I am so proud to be part of it!

Love  
Tony



# *The Club Heartbeat*

## **OUR NEW MURAL IS FINISHED!**

**Primary Artists: Terry Estioko, Peter Carey, Kelly Roney**

Contributors: Alyssa Martinez, Arlene Lopez



### **Artist Statement**

*Mural at the Alano Club of San Jose*

1122 Fair Avenue, San Jose, California

May 22, 2026

#### **How the concept came together**

From the beginning, we wanted to make something a newcomer could walk in and feel. Many people who come through these doors are new to recovery and don't yet know the symbolism of the twelve-step programs. Whatever we made had to work without that vocabulary. Someone three days sober, someone visiting a loved one, someone who has never set foot in a meeting — they should be able to stand in front of the wall and get it. That was the concept we brought to the club, and when the membership voted between our idea and another, ours was chosen.

We looked for something universal, and we landed on a tree. The tree shows up across cultures and traditions as a symbol of life, of knowledge, of the connection between what is below the ground and what reaches toward the sky. It is a circle of life. It is Mother Gaia. It is the Axis Mundi — the central axis that joins what is below with what is above. It is the tree of life and the tree of knowledge. We trusted that almost anyone, from anywhere, would already carry some version of that meaning into the room with them.

From there, the rest of the mural built itself around that center.

## What the symbols mean

We exposed the roots of the tree on purpose. Roots are what ground a person, and recovery is, more than anything, the practice of staying grounded. But because we also believe there are many paths to recovery — not one right way in, not one right program, not one right story — we let the roots double as paths. Under the tree you see roots, but if you look again, you see paths. One image, two meanings. That ambiguity is the point.

Above the tree, birds rise out of broken chains. Chains are what hold us down — the addiction, the past, whatever was binding. When they break, they don't just fall away. They become birds. Ultimate freedom comes out of the very thing that used to be the cage. We wanted that transformation to be the loudest note in the painting.

At the base of the tree we painted the Alano Club building itself. The club is rooted in the same ground as the tree. The mural isn't just hanging in this building — the building is part of the mural. Anyone standing in front of the wall sees their own home pictured in the story it's telling.

And in the distance, behind the central tree, you can see more trees. The one we painted in front is just one of many. Each of those background trees is its own community, its own meeting room, its own Alano Club somewhere else in the world.

What we're really showing is a much larger landscape — a forest of recovery, with this club as one tree among many. The intention is to honor what happens at 1122 Fair Avenue while also reminding everyone that this place is part of something much bigger.

Our hope is that anyone who sees the mural can find their way into these ideas without needing a formal introduction to recovery. And for the old-timers who have been showing up at this club for years and years, we hope it lands as a homage — to a place that has helped thousands of people change their lives, and that we hope will keep doing so for a long time to come.

## About the artists

All three of us are in recovery. All three of us use art in our personal recovery. We attend Alano meetings, some of us are paid members. This mural wasn't made for the community at the Alano Club — it was made from within it.

**Peter Carey** is a painter in recovery who works primarily in watercolors. He stepped into acrylics for this project, which is its own small act of trust — leaving a familiar medium to meet a wall this size.

**Kelly Roney** is an artist and writer in recovery. She's a published children's book author, and her work moves between illustration and body paint. She brings a storyteller's instinct to every surface she touches.

**Terry Estioko** is an artist in recovery with a traditional art background. For the last 25 years, his focus has been on digital art and video projection mapping. Coming back to a brush and a wall after that long was its own kind of homecoming.

The three of us come from very different artistic worlds — watercolor, illustration and body paint, digital and projection mapping. We met on a single wall, with acrylics, over six months. That collaboration is its own small mirror of recovery: people from very different backgrounds finding common ground in a shared practice.

## Personal reflections

For us, the work of making this mural mattered as much as the mural itself.

Something this complex could easily have been printed and wallpapered onto the wall. We never considered it. That shortcut is far away from the spirit of recovery, and far away from the spirit of the Alano Club. Recovery isn't outsourced. It isn't fast. It's done in person, over time, one day at a time. So we painted it the slow way — dozens of sessions, six months, by hand.

All three of us use art as a way to find and reinforce our serenity, and to stay grounded. The wall became part of that practice. Personally, I liked painting during the meetings. It was a kind of double dose of recovery — the work of the hands and the work of the rooms happening at the same time. That was cathartic in a way I didn't expect when we started.

Throughout the six months, members of the club checked in on us as we worked. They offered feedback, impressions, and sometimes just a few quiet minutes standing beside the wall. The mural was shaped by those conversations as much as by anything the three of us brought to it. It belongs to the club as much as it belongs to us.

We hope the mural sticks around for a long time. And we hope that newcomers and old-timers alike can take something from it — whatever they need to take.

# Your Alano Club Meetings

## Overeaters Anonymous

Type	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

## Narcotics Anonymous

Type	Day	Time	Meeting Name	Details
NA	Sun	10:00 AM	<a href="#">One Primary Purpose</a>	Hybrid
NA	Sun	6:00 PM	Any Lengths Home Group	In Person Only
NA	Tue	7:00 PM	Un Paso a la Vez (Spanish)	In Person Only
NA	Wed	7:15 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	<a href="#">Any Lengths Saturday</a>	Hybrid

## Al-Anon

Type	Day	Time	Meeting Name	Details	Zoom ID
Al-Anon	Mon	8:15 PM	Monday Night AFG	Hybrid	Meeting ID: 339-961-4550 Password: 149229

## Codependents Anonymous

Type	Day	Time	Meeting Link	Details
CoDa	Sun	5:00 PM	<a href="#">CoDA</a>	Hybrid
CoDa	Wed	6:30 PM	<a href="#">CoDA</a>	Hybrid



Alcoholics Anonymous



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

Continued...



Alcoholics Anonymous



AA	Mon	4:00 PM	<a href="#">Golden Keys</a>	Hybrid
AA	Mon	6:00 PM	<a href="#">Back to Basics</a>	Hybrid
AA	Mon	7:30 PM	Hora De Vivir (Spanish)	In Person Only
AA	Tue	6:00 AM	<a href="#">A New Day</a>	Zoom Only
AA	Tue	9:00 AM	<a href="#">Cup of Coffee Meeting</a>	Hybrid
AA	Tue	12:00 PM	<a href="#">The Daily Reprieve Meeting</a>	Hybrid
AA	Tue	4:00 PM	<a href="#">Golden Keys</a>	Hybrid
AA	Tue	6:00 PM	<a href="#">Back to Basics</a>	Hybrid
AA	Tue	7:00 PM	Cigar Meeting	Hybrid - Zoom ID: 867 1097 1265
AA	Tue	7:30 PM	Hora De Vivir (Spanish)	In Person Only
AA	Tue	9:30 PM	<a href="#">AA Men's Meeting</a>	Hybrid
AA	Wed	6:00 AM	<a href="#">A New Day</a>	Zoom Only
AA	Wed	9:00 AM	<a href="#">Cup of Coffee Meeting</a>	Hybrid
AA	Wed	12:00 PM	<a href="#">The Daily Reprieve Meeting</a>	Hybrid
AA	Wed	4:00 PM	<a href="#">Golden Keys</a>	Hybrid
AA	Wed	6:00 PM	<a href="#">Back to Basics</a>	Hybrid
AA	Wed	7:30 PM	Hora De Vivir (Spanish)	In Person Only
AA	Thu	6:00 AM	<a href="#">A New Day</a>	Zoom Only
AA	Thu	9:00 AM	<a href="#">Cup of Coffee Meeting</a>	Hybrid
AA	Thu	12:00 PM	<a href="#">The Daily Reprieve Meeting</a>	Hybrid
AA	Thu	4:00 PM	<a href="#">Golden Keys</a>	Hybrid
AA	Thu	6:00 PM	<a href="#">Back to Basics</a>	Hybrid
AA	Thu	7:30 PM	Hora De Vivir (Spanish)	In Person Only
AA	Fri	6:00 AM	<a href="#">A New Day</a>	Zoom Only
AA	Fri	12:00 PM	<a href="#">The Daily Reprieve (Chip Mtg)</a>	Hybrid
AA	Fri	9:00 AM	<a href="#">Cup of Coffee Meeting</a>	Hybrid
AA	Fri	4:00 PM	<a href="#">Golden Keys</a>	Hybrid
AA	Fri	6:00 PM	<a href="#">Bedtime Story Speaker Meeting (Chip Mtg)</a>	Hybrid
AA	Fri	7:30 PM	Hora De Vivir (Spanish)	In Person Only
AA	Sat	6:00 AM	<a href="#">A New Day</a>	Zoom Only
AA	Sat	8:30 AM	<a href="#">Cup of Coffee (Chip Mtg last Sat of month)</a>	Hybrid
AA	Sat	10:00 AM	<a href="#">Think Tank (Men)</a>	Hybrid
AA	Sat	12:00 PM	<a href="#">The Daily Reprieve Meeting</a>	Hybrid
AA	Sat	6:00 PM	<a href="#">Newcomer's Questions &amp; Answers</a>	Hybrid
AA	Sat	7:30 PM	Women's Meeting (Spanish)	In Person Only

## Business Meetings

Meeting Name	Type	Monthly	Time	Details
Board of Directors Meeting	CLUB	First Thursday of Every Month	5:00 PM	Hybrid - Zoom ID: 375-663-8100 Pw: 95122
FAF Steering Committee	FAF	Second Saturday of Every Month	4:00 PM	Hybrid - Zoom ID: 618-624-2512 Pw: 241520
FAF New Secretary Workshop	FAF	Last Saturday of Every Month	2:30 PM	Online Only - Zoom ID: 618-624-2512 Pw: 241520

# Upcoming Events

## EMOTIONAL SOBRIETY WORKSHOP



### WHAT?

EMOTIONAL SOBRIETY WORKSHOP



### WHEN?

SATURDAY, JUNE 13, 2026  
@ 1:30 PM – 2:30 PM  
Alano Club of San Jose,  
1122 Fair Avenue



### WHO?

BRIAN R.  
(Club Member)  
is the FACILITATOR



### WHY?

THIS INTERACTIVE COURSE  
AND WORKSHOP WILL EXPLORE  
CONCEPTS OF EMOTIONAL SOBRIETY

This course is designed to explore Bill Wilson's 1958 Grapevine Article and examine how emotional growth supports long-term recovery and serenity.



### COURSE OBJECTIVES

- ✓ DEFINE EMOTIONAL SOBRIETY AS THE NATURAL PROGRESSION OF RECOVERY
- ✓ IDENTIFY THE "EMOTIONAL DEPENDENCIES" THAT REPLACE PHYSICAL SUBSTANCE USE
- ✓ PROVIDE ACTIONABLE TOOLS FOR EMOTIONAL REGULATION BASED ON THE 12 STEPS
- ✓ RECOGNIZE SYMPTOMS OF THE "DRY DRUNK," INCLUDING:
  - Anger
  - Codependency
  - Manipulating environments
  - The need for external validation



### WORKSHOP TOPICS



Using the 10th Step  
as a Daily Tool



Pause / Radical  
Acceptance / Letting Go



Emotional Inventory

### THE GOAL



Moving toward "*a life of sanity and peace*" rather than just "*staying clean.*"



Ability to **Pause** when emotional trigger rises, rather than reaching for a compulsive distraction.



Examine Bill Wilson's belief that emotional sobriety is the "**REAL TEST**" of our recovery.



## ALANO CLUB OF SAN JOSE

*Recovery • Unity • Service*

**ALL ARE WELCOME!**

Join us for an engaging discussion, practical tools,  
and meaningful fellowship as we explore the next level of recovery.

# Upcoming Events

**4<sup>TH</sup> OF JULY**

**BBQ**

**1:00 - 3:00**  
or until food is gone!

*Hosted By:*

**The Alano Club  
of San Jose**

**Members Free**  
**Future Members**  
**\$20**

..... ★ .....  
**1122 Fair Avenue,**  
**San Jose CA**  
..... ★ .....

# Upcoming Events

## ANNUAL HERITAGE DINNER

*Celebrating*

**\$50**

PER PERSON

Tickets available  
from any  
Alano Club  
Board Member  
or at the  
Club Diner.

Seating is limited  
so purchase your  
tickets today!

**75**  
YEARS

**DIAMOND JUBILEE**  
*Celebration*

AN EVENING OF  
ITALIAN CUISINE,  
FELLOWSHIP & CELEBRATION

*Join us as we honor 75 years of heritage, unity, and recovery at*

**THE ALANO CLUB OF SAN JOSE**



DATE:  
SATURDAY,  
OCTOBER 17, 2026



TIME:  
5:00 PM



LOCATION:  
1122 Fair Avenue,  
San Jose

FEATURING:



GUEST SPEAKER  
& FELLOWSHIP



ANNIVERSARY  
RECOGNITION



COMMUNITY  
CELEBRATION



SEMI FORMAL  
EVENT

EVENT MENU:



- ◆ Italian Baked Chicken
- ◆ Chicken Cacciatore
- ◆ Cheese Cannelloni
- ◆ Spaghetti w/ Meatballs

- ◆ Vegetable Lasagna
- ◆ Caesar Salad
- ◆ Steamed Vegetables
- ◆ Fresh Fruit

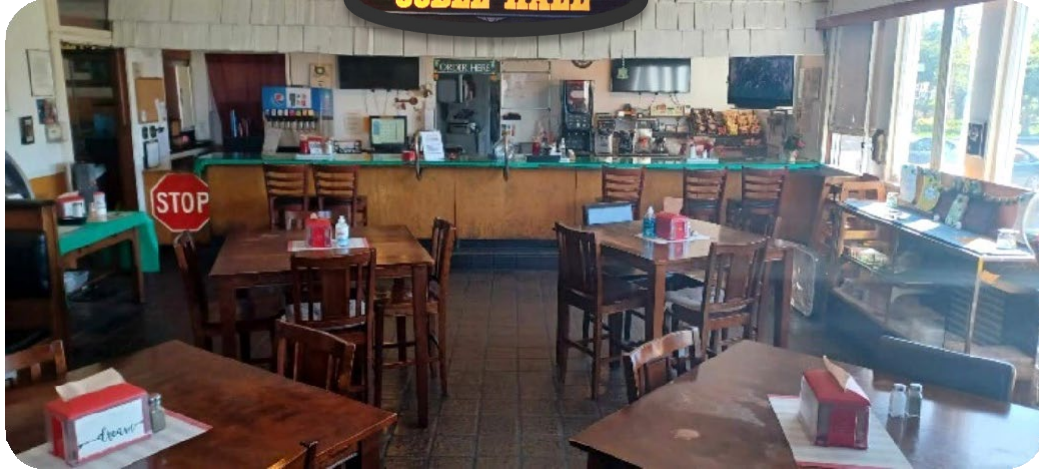


*"Celebrating the past. Inspiring the future."*



# the Alano Club of San Jose

## GOBLE HALL



**Breakfast & Dinner**  
**Daily Specials**  
**7 DAYS A WEEK**

### BREAKFAST MENU

Includes: Toast, Hash Browns or Country Potatoes (except Pancakes, French toast & Combos 1, 2 & 3)

2 EGG BREAKFAST			PANCAKES		
	M	FM		M	FM
2 Egg Breakfast Bacon, Ham, Sausage or Chorizo	\$10.00	\$13.98	2 Stack	\$6.00	\$7.22
2 Eggs (No Meat) Hash Browns & Toast	\$8.50	\$10.75	3 Stack	\$8.75	\$11.00
Hamburger Steak & Eggs	\$14.00	\$17.77	French Toast	\$6.25	\$8.13
OMELETTES					
JUST Meat Bacon, Sausage, Ham or Chorizo	\$13.00	\$16.90	JUST Cheese	\$10.00	\$13.00
Veggie: (bell peppers, onions, tomatoes, olives & mushrooms)	\$10.50	\$13.65	Suicide: (bell peppers, onions, tomatoes, olives, mushrooms, ham, sausage & bacon)	\$14.00	\$18.20
COMBINATION BREAKFAST					
Combo #1 Oatmeal & Toast (raisins & brown sugar)	\$7.00	\$9.10	Combo #2 Pancakes & Eggs	\$8.00	\$10.40
Combo #3 Two Breakfast Burritos: (eggs, chorizo, potatoes & cheese)	\$9.00	\$12.60	Combo #4 Breakfast Sandwich (egg, ham & cheese) Hashbrowns	\$8.50	\$11.05

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



### LUNCH & DINNER MENU

Includes: 1 Side

ALANO BURGERS					
	M	FM		M	FM
Hamburger	\$10.00	\$13.16	Cheeseburger	\$11.50	\$13.46
Double Cheeseburger	\$15.75	\$18.75	Bacon Cheeseburger	\$13.00	\$15.60
Bacon Double Cheeseburger	\$14.25	\$17.23			
SANDWICHES & MORE					
Grilled Cheese	\$10.00	\$13.75	Ham & Cheese	\$11.00	\$14.35
Turkey Breast	\$9.00	\$11.70	Patti Melt	\$10.00	\$13.00
Crispy Chicken	\$9.00	\$11.70	Crispy Chicken with cheese	\$9.50	\$12.35
Club House	\$14.00	\$16.90	BLT	\$10.00	\$13.00
Tuna Salad	\$10.00	\$13.00	Egg Salad Sandwich	\$10.00	\$13.00
Taco - Flour (1)	\$6.50	\$8.00	Taco - Corn (2)	\$6.50	\$8.00
Bowl of Chili	\$5.50	\$7.15	Corn Dog	\$3.00	\$5.00
SALADS					
Chef Salad - Small	\$7.25	\$9.43	Chef Salad - Large	\$8.50	\$11.05
SIDE ORDERS					
Salad: Potato, Macaroni, Green	\$3.50	\$4.55	French Fries	\$5.00	\$7.00
Cheese Fries	\$7.00	\$8.50	Chili Cheese Fries	\$8.90	\$10.00
Boiled Egg	\$2.00	\$4.00			



*We Have the Finest Club Supporters!*



**Many Paths  
One Destination**

Celebrating the many paths  
to freedom from addiction

[www.manypathsonedestination.org](http://www.manypathsonedestination.org)

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*Thank You*  
FOR YOUR  
SUPPORT 

*Thank You*  
FOR YOUR  
SUPPORT 

# Recovery Trivia



## Community Service

E L O V E Z J B J P C C P A J U H X A O J D I H  
 D E X Q M L C X J K K J E C N A D N E T T A K M  
 Y G E K Q Q R M X X W R C T G A G Y D Y P C S V  
 N O I T C A R E T N I Y O C C Z M B Q P M O Y Z  
 A V H A N N C J H O D P F W H D M U E N V O A L  
 D R J O I N I N G I N Y Q C D A I W H D A P S J  
 G F W Y L G B Y V T O S T O Z R R A B O G E S H  
 Y L E C I V R E S C G R O C D Q A I Y O Z R U Q  
 Q X L B J Q C X P A E F C E E D S H T G P A S L  
 T V U E S G I D V E T H E W N P X R B Y S T T T  
 H Y M O N D L E T I C C T J F A S J F A I I A N  
 T W K U G R B N M X N R W W B N Z E T T E O N R  
 U I E V N Q U E V E E A V C E B Y N R N M N C C  
 O D D K L L P B S A C H D B N O C C C O P Z E O  
 Y Z C E O Q R E S N C T U Y E C O O D I A O L O  
 L H H V G F R U U R Z R D T F G N U K S T F A T  
 H I S U D P R O Z N M O S I I M C R R S H Z I H  
 R J Q O M E J C G G O P H N T E U A V A Y Z C E  
 V S S T M A B Q V E Z P A U S O R G E P N A O L  
 L J S T N G N N A F J U R M Q S R E Z M H Z S P  
 W A B B M F U I C B P S I M B O E O B O T V E X  
 X E Y U L D D F T K A K N O M D N M K C K V L R  
 C P P A S S I O N Y F P G C Z G C H Z W O R K K  
 S M Y D E T E R M I N A T I O N E Y J G O P D E

- |               |            |             |             |             |            |
|---------------|------------|-------------|-------------|-------------|------------|
| determination | joining-in | concurrency | cooperation | interaction | compassion |
| humanity      | benefits   | attendance  | community   | volunteer   | encourage  |
| passion       | respect    | treasure    | Presence    | hardwork    | Empathy    |
| action        | social     | service     | charity     | sharing     | support    |
| food          | love       | public      | time        | human       | good       |
|               |            | work        | aid         | Help        |            |

