

Volume 33, Issue 9

September 2004  
"Labor Day"

# The San Jose Alano Club News

1122 Fair Ave.

San Jose, CA 95122

Phone # (408) 297-1878, Fax # (408) 297-4100

WWW.ALANOSJ.ORG

***The Mission of the Alano Club is to maintain a safe, secure and stable environment for 12 Step Recovery, support and Fellowship to take place.***

***A Community Asset For The Last Fifty Years***

Trusted Servants on the Board of Directors:

Thomas Graham

Betsy Pierce

Dorothy Frost

John Mack

Tina Morrill

Julie Patterson

Mike Austin

Luis Salas

Shawn Oyao

**Trusted Servants in Your Employ:**

Tony Baron

Mary Garcia

Whitney Gonzales

Diane Nichols

Regina Palacios

Larry Avelar

Joel Lechuga

Amber Gamer

Angie Austin

## Recovery Mile Stones

**These people will Celebrate Recovery Birthdays This Month :**

**31 Years: Mac M. 9/25/73      26 Years: Gil B. 9/24/78**

**22 Years: Thomas G. 9/7/82, Ron S. 9/18/82      18 Years: Joe P. 9/25/86**

**17 Years: Jill L. 9/2/87, David S. 9/7/87, Rick Y. 9/18/87, Randy G. 9/21/87**

**16 Years: Sal C. 9/15/88**

**14 Years: Annette V. 9/16/90, Vincente B. 9/19/90, Michael R. 9/22/90**

**12 Years: Missy M. 9/1/92, Richard J. 9/25/92**

**7 Years: Isabel L. 9/13/97, Caroline G. 9/21/97, Mike A. 9/27/97**

**6 Years: Art V. 9/18/98      4 Years: Mike D. 9/4/00**

**3 Years: Michael J. 9/24/01, Chuck B. 9/24/01**

**2 Years: Mike W. 9/10/02, Anthony D. 9/11/02, Solomon T. 9/11/02**

**1 Year: Kelly B. 9/5/03, Renee C. 9/14/03, Marshall A. 9/15/03  
Dave T. 9/18/03, Onnie G. 9/27/03, Harold R. 9/29/03**



Inside this issue:

Sponsors, Contributors, Donors.      2

Club Announcements      3

The Alano Club Presents...      3

12 Step Meetings.      4

Words of Encouragement.      5

Upcoming Events      7

## Member of the Month

This month's "Member of the Month" goes to one of our Members who stepped up when he was needed. He and some assistants did a great job at helping with the bake sale, so this month's "Member of the Month" is **Poncho H.**

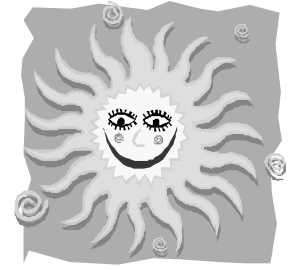
Club Announcements

**The Alano Club** - Will have new hours beginning this month. The Club will be closing at 10 pm. Every night except, Tuesdays and the 2nd and last Saturday of the month.

**The Alano Restaurant** - Will be closing the grill at 9 pm., so if you want something hot please order before 9.

**Alano Membership** - The Alano membership has been slowly declining, if you come to the Club and are not a member, Please join, your membership helps keep these doors open, If you are a sponsor please encourage your sponcee to join. it gives you and many others a place to have 12 step meeting, Clean and sober events or just a place to go and be around clean and sober people, your membership also gets you discounts at the restaurant and at some Club functions. Bottom Line this place saves lives, maybe yours.

**Please** - No Children ( Under 13 years old ) allowed on the Club Property after 9:30 p.m., this includes Club Dances. Thank You - **The Management**



“ Stick with the winners.”



“ The smartest thing an AA member can say is, “Help Me”.”

The Alano Club of San Jose Presents:

**Alano Recovery Dance’s**

*Dances every 2nd and last Saturday of the month  
Dance and Party Clean and Sober.  
Everyone is invited to attend.*

*Next Dance - Saturday, September 11, 2004*

**THE ALANO CLUB**  
1122 Fair Ave., San Jose, CA

*Meetings from 6 p.m. to 7 pm.  
The Dance Starts after the 8 pm. Main Speaker Meeting.  
Donations - \$4.00 Recovery Homes  
\$5.00 all Others*

*If you would like to help:*

**Contact: Luis and Wanda S. at (408) 254– 2624 or (408) 390– 0804**

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**Board of Directors Meeting**

**September 16, 2004**  
**7:30 pm. In the Downstairs Meeting Room**  
**“Members make your voice heard.”**



“ Practice an attitude of gratitude.”

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 Words of encouragement
 

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**Sponsor vs. Therapist**
**12 Ways to Tell the Difference Between**
**Your Sponsor and Your Therapist:**

1. Your **sponsor** isn't all that interested in the "reasons" you drank.
2. Your **therapist** thinks your root problem is your lack of self-esteem and your negative self-image. Your **sponsor** thinks your problem is yourself.
3. Your **therapist** wants to pamper your inner child.  
Your **sponsor** thinks it should be spanked.
4. Your **sponsor** thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your **sponsor** tells you not to confront them, but to make amends to them.
6. The only time your **sponsor** uses the word "closure" is before the word "mouth."
7. Your **sponsor** thinks "boundaries" are things you need to take down, not build up.
8. Your **therapist** wants you to love yourself first;  
your **sponsor** wants you to love others first.
9. Your **therapist** prescribes care-taking medication.  
Your **sponsor** prescribes prayer making and meditation.
10. Your **sponsor** thinks "anger management skills" are numbered 1 through 12.
11. Now that you haven't had a drink in 6 months,  
your **therapist** thinks you should make a list of all your goals and objectives for the next 5 years, starting with finishing up that college degree.  
Your **sponsor** thinks you should start today by cleaning coffee pots and help to carry a heavy box of literature to the jail.
12. Your **sponsor** will not lose his/her license if he/she talks about **God**.

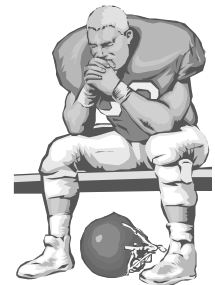
-Anonymous

**“you received without cost, now give without charge.”**

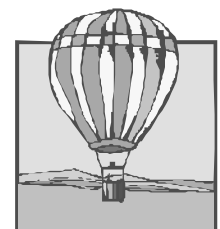
*Watch for the New Alano Club Dances. Please give your support to all the Alano activities*



**“ F.E.A.R.- Face Everything And Recover.”**



**“Call your sponsor before, not after, you take the first drink.”**



**“Spirituality is the ability to get our minds off ourselves.”**

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## Upcoming Events

### THE ALANO CLUB OF SAN JOSE

#### Up Coming Club Activities

**We need help with Yard Sales, Car Washes, Recruiting New Members.  
To help, Contact Tony B. (408) 297-1878 or Dorothy F. (408) 258-6130**

**Check out our web site - [www.Alanosj.org](http://www.Alanosj.org)**

**Sept. 6, 04 - Labor Day 12 Step Marathon** - 8 am. To 9 pm. For more info contact the Club at (408) 297-1878

**Sept. 11, 04 - Bake Sale** - 10 am. Till all gone. We need people to Donate Baked Goods and help work the Bake Sale Tables for more info contact Brunie O. at (408) 272- 4576 or the Club at (408) 297-1878.

**Sept. 11, 04 - Club Dance.** DJ David A. 9:30 to Midnight.  
Recovery Homes \$ 4.00 Donation, All others \$ 5.00 Donation  
For more info contact the club (408) 297-1878.

**Sept. 16, 04 - Board of Directors Meeting.** Downstairs Meeting Room 7:30 pm. Members Welcome. Find out what's happening with the Club. Volunteer some time, Work for your Recovery.

**Sept. 25, 04 - Club Dance.** Clean and Sober Recovery Dance's. Shake your Bootie to the tunes of D.J. David A. the dance starts after the Main Speaker Meeting. All invited to attend. Donations \$ 4.00 Recovery Homes and \$5.00 All others.

**Oct. 9, 04 - Club Dance.** Clean and Sober Dance, starts after the main speaker meeting. Donations \$ 4.00 Recovery Homes and \$ 5.00 all others.

**Oct. 21, 04 - Board of Directors Meeting.** Downstairs Meeting Room 7:30 pm. Members Welcome. Help with Club activities.

**Oct. 23, 04 - Heritage Dinner.** 6 pm. Main Meeting Room, \$ 6.00 Donation. Donation includes meal, cooked by Eddie M.  
Dinner is Enchiladas, Rice and Beans.

**Oct. 30, 04 - Club Dance. "Halloween Dance"** - COSTUMES A MUST,  
Starts after the main speaker meeting till the Witching hour. Donations \$ 4.00 Recovery Homes, \$ 5.00 all others.

**Oct. 31, 04 - Halloween for the Kids.** 2 pm. To 4 pm. Prizes, Games, Costumes, Pumpkin Drawing. If you can help call (408) 297- 1878



*"Serenity is not freedom from the storm, but peace amid the storm."*

The Alano Club can use your help, get involved, help with activities. For more info. call Tony B. at the Club (408) 297- 1878

*"We Care Fund" ask about it at the Snack Bar, than ask how can I Help? Please keep the doors open.*



*"Recovery is Not Easy, But I Fear Addiction Far Worse".  
From The Editor and the Alano Club.*