

The San Jose Alano Club News

1122 Fair Ave.

San Jose, CA 95122

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

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:

Mike Austin
Shawn Oyao
Thomas Graham
Betsey Pierce
Frank Gutierrez
Tina Morrill
Julie Patterson
Rudy Lugo
Brunie Oyao

Trusted Servants in Your Employ:

Tony Baron
Mary Garcia
Whitney Gonzales
Dan Phillips
Cecilia Huerta
Christina Pantiga
Diane Nichols
Christine Delema

Recovery Mile Stones

These people will Celebrate Recovery Birthdays This Month :

27 Years: John W. 6/4/78, Jim D. 6/25/78

21 Years: Sonny P. 6/1/84 16 Years: Robin L. 6/10/89

15 Years: Garry B. 6/28/90 13 Years: Manuel T. 6/15/92

12 Years: Daniel L. 6/7/93 10 Years: Debra A. 6/18/95

9 Years: Brenda R. 6/20/96

5 Years: Joseph G. 6/16/00, Arnold C. 6/25/00

2 Years: Diana G. 6/7/03, Rick S. 6/8/03, Theresa N. 6/22/03

1 Year: Christine D. 6/11/04, David B. 6/15/04

Pedro Y. 6/25/04, Rosie P. 6/30/04



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Member of the Month

This months "Member of the Month" goes out with Pride and Sorrow to a Club Member who has given a great deal to help the club, and his fellow addicts. If you knew this man count yourself as one of the lucky one's because you knew one of the good people that come here, get clean and than care enough to help others. This Month's Member of the Month is **Fred B.**, Fred passed on May 17. 2005 We will miss Fred and some of us are here because he cared, and so we carry on, until that time, we say good bye for now.

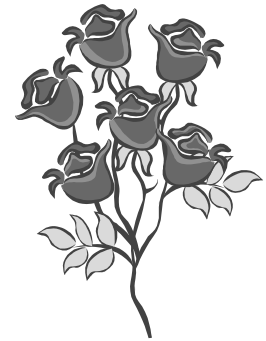
Club Announcements

Alano Membership - The Alano membership has been slowly declining, if you come to the Club and are not now a member, Please Join, your membership helps keep these doors open. If you are a sponsor please encourage your sponsee to join our Club, It gives you and many others a place to have 12 step meetings, 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 - be considerate about where you park, the Alano Club is aware that parking is at a premium, but if you park in the no parking area along the side of the club, that is considered a fire lane and your car can be towed.

Please - No weapons of any kind allowed on the Club Property, No Violence or threats of Violence will be tolerated for any reason.

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



The Alano Club of San Jose Presents:

Alano Recovery Dances'

*Next Dance - Saturday June 11, 2005
Saturday June 25, 2005*

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: The Club at (408) 297-1878

Board of Directors Meeting

June 16, 2005

7:30 pm. In the Downstairs Meeting Room

"Help keep these doors open."

This Club depends on its Members.

"God can't give you anything new until you let go of the old."



*"Born to be Happy,
Joyous and Free."*

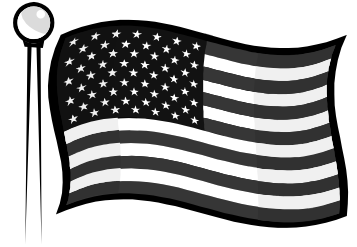
Words of encouragement

OLD TIME AA

- 1- It's not old behavior if I'm still doing it.
- 2- If you're looking to have an image in AA, look around at the meetings you go to and take a look at whom you're trying to impress.
- 3- An alcoholic is a person who wants to be held while he's isolating.
- 4- Sobriety is the leading cause of relapse.
- 5- A treatment center is where you go and pay \$15,000 to find out that AA meetings are free.
- 6- The idea that alcoholics, drug addicts, sex addicts, overeaters, smokers, etc, etc, should all just go to AA Meetings because a disease, is a disease, is a disease...was started by a treatment center that only had **one** van.
- 7- This is a 'One Day at a Time' program. If you are clean and sober today, you are tied for first place in AA.
- 8- If drinking is interfering with your work, you're probably a heavy drinker. If work is interfering with your drinking, you're probably an alcoholic.
- 9- I often obsessively pursue feeling good, no matter how bad it makes me feel.
- 10- When I was new, I didn't think I had any obsessions until I started thinking about it. Then it was all I could think about.
- 11- How come if alcohol kills millions of brain cells, it never killed the ones that made me want to drink?
- 12- From a newcomer reading the 'Promises' for the first time: "We will comprehend the word **cemetery** and we will know peace."
- 13- If God were small enough to be understood, He wouldn't be big enough to be God!
- 14- If you want to quit drinking; you are going to have to quit drinking
- 15- Newcomer: How do I know how many meetings I should attend each week?
Old-timer: Gradually cut back until you get drunk. Then you'll know.
- 16- I would rather go through life sober, believing I am an alcoholic, than go through life drunk, trying to convince myself that I am not an alcoholic.

"Have a Sober Life," The Alano Club.....

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



"Change is a process, not an event."



"The difference between feeling grateful and being grateful is action."



"Happiness is a by product of right living."

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

Find out what's coming up—Check out our web site - www.Alanosj.org

Club Boutique - Now Open, see what's for sale or bring in Donations.

June 5, 05 - 20th. Annual Alano Club Classic = for more information contact Tony B. at (408) 297-1878

June 11, 05 - Club Dance - Clean and Sober Dance, starts after the main speaker meeting. Donations \$4.00 Recovery Homes and \$5.00 all others.

June 11, 05 - Bake Sale - Treat yourself to some treats. Or donate some baked goods for the bake sale, any help welcome. Contact Brunie O. (408) 272-4576 for more information.

June 11, 05 - Membership Drive - New Members Needed! Come down and join the Alano Club, make sure other Alcoholics and Addicts have a place to go to stay clean. Your Membership will keep these doors open. Let others have the same chance that you have had.

June 16, 05 - Board of Directors Meeting - 7:30 pm. Downstairs Meeting Room. All Members Welcome, Help with Club activities. Get involved!

June 18, 05 - CAPS Fundraising Dance, No Children after 9:30 pm

June 25, 05 - Men in Recovery For info contact Rudy or Luis (408) 309-8466

June 25, 05 - Club Dance - Clean and Sober Dance, starts after the main speaker meeting. Donations \$4.00 Recovery Homes and \$5.00 all others. for more information contact the Club at (408) 297-1878

June 25, 05 - Membership Drive - New Members Needed! Come down and join the Alano Club, make sure other Alcoholics and Addicts have a place to go to stay clean. Your Membership will keep these doors open.

July 2, 05 - Car, Truck and Bike Show - 9 am. To 5 pm Cars, Trucks and Bikes, also live music. Join in the Fun!!! For Registration infor-

The Club Boutique is open, see what we have to sell, if you have new or good used items to donate they are greatly appreciated. Contact Dan P. or Tony B. at (408) 297-1878

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.