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The San Jose Alano Club News

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Alano

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 Eight Years

Trusted Servants on the Board :

Mike Austin
Scott Lauer
JoAnn Johnson
Brad Russman
Cora Stewart
Rudy Lugo
Susan Boyd
Laura Martin
Dorothy Frost

Servants in Your Employ:

Tony Baron
Mary Garcia
Whitney Gonzales
Taylor Hatfield
Diane Nichols
Regina Palacios
Larry Avelar
Tammie Aguirre
Serina Rente
Shari Wilson

Recovery Milestones

Name	Birthday	Years	Name	Birthday	Years
Gilbert S.	01/01/00	7	Rudy C.	01/14/78	29
Jody K.	01/01/83	24	Dan O.	01/15/73	34
William L.	01/01/89	18	Rachel P.	01/16/94	13
Susan H.	01/04/06	1	Ken J.	01/21/04	3
Juan A.	01/05/82	25	Diane N.	01/26/03	4
Sheri R.	01/06/04	3	Janet H.	01/26/81	26
Barry P.	01/06/86	21	Bill R.	01/30/89	18
Elivira S.	01/07/02	5			
Audrey B.	01/13/72	35			
Ricardo D.	01/13/06	1			



Have you visited our Web Site? All it takes is web access. alanosj.org. Do you have something that you would like to contribute? Send us an e-mail.

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January Members of the Month

Luis A. For donating the money for the Christmas tree.

Lucy A. for always willing to give a helping hand to those in need and to her and her family for donating presents for the Kids.

The Alano Club of San Jose Presents— January Activities



Alano Club Dances
Come and Join the Fun!!!

Saturday 13th

And

Saturday 27th

Membership Breakfast

Saturday, January 20th

8:30 am til 11:00 am

Board of Directors Meeting

Thursday, January 25th @ 7:30 pm.—downstairs meeting room.

All Current Members are invited.

Martin Luther King Celebration

Saturday, February 10th

11:30 am — 6:30pm

Membership Drive

Everyday; All Day Long

Become A Member of the Alano Club

Alano Club Membership: *We need you to Continue Paying your Dues. You Help Us Do The Impossible and we appreciate it.* Do you like having a safe, sober, clean and fun place to hang out? We can't do it without your membership! So it is up to you to keep our club doors open!

Behavior: **We count on Good Behavior!**

Children: No children under 13 years old allowed on Club property after 9:30 p.m. This includes dances. Children must not be left unattended for any reason. This includes 12-Step meetings

Recipe of the Month

Apple coffee cake

5 cups tart apples, cored, peeled and chopped
 1 cup sugar
 1 cup dark raisins
 1/2 cup pecans, chopped
 1/4 vegetable oil
 2 teaspoons vanilla
 1 egg, beaten
 2 1/2 cups sifted all-purpose flour
 1 1/2 teaspoons baking soda
 2 teaspoons cinnamon

Preheat oven to 350 degrees. Lightly oil a 13x9x2 inch pan.

In a large mixing bowl, combine apples with sugar, raisins and pecans. Mix well. Let stand 5 minutes. Stir in oil, vanilla, and eggs. Sift together flour, soda, and cinnamon; stir into apple mixture, just enough to moisten dry ingredients.

Turn batter into pan. Bake 35 to 40 minutes. Cook cake slightly before serving.

Alano Club Member Milton Brock

In 1978 Milton Brock 1st walked up the steps of the Alano Club. In 1980 he moved to Berkeley, CA. Where he got clean. Then in 1982 he ran into a fuzzy, black haired man by the name of Tony Baron. With 2 years clean, in 1982, Milton became a member of the Alano Club of San Jose. At that time dues were \$8.00. Milton has always tried to support the Alano Club, because he found a home away from home. Of course, since then (25 Years Ago) the dues have been raised to only \$20.00 a month.

Milton has many memories of the Alano Club. Our Alano club use to participate in softball tournaments and you can see the trophies above the book case. The Alano club use to charter buses to 49er, Raider, and A's games, Also to the World conference in San Diego 1995. You can see the picture in the meeting room. He also remembers Solomon falling through the roof in the meeting room, feet dangling through the ceiling. Luckily, there wasn't a meeting going on.

Milton had been here through the NA wars when Drugs were prevalent in the 80's. NA was having a hard time and AA was struggling with that. 80% of the people coming in were both. He remembers 1984 Cocaine to the 1988 Crack Milton has been through all the changes.

"The Alano club has been a port in the storm of life too many times to mention. Even though I belong to both Alano clubs, this is the Mother club because everyone here drops to the same level. This is where you feel comfortable even you when you don't want to be comfortable. Everything you want in sobriety is here. Service Work, Employment and Entertainment. Most of all once you get to know this place you can't put a price on the love that flows in and out of these rooms", "Even though I've been a member for 26 years. If it had not been for Tony Baron we would not have been able to carry this club over the hurdles in recovery, that so many other clubs fail to make it over even out of the gate" - Milton

Board of Directors

We would like to thank Doug S. And Frank G. for their help on the the Board.
And we would like to Welcome back Dorothy F. and Cora S.
as our newly elected officials on the board for 2007.

Reflections for Beginners
from
'Hour To Hour - The First 30 Days'
- by Shelly Marshall
the author of 'Day By Day' & other Meditation Books

It often happens that you won't know the role addiction played in your life until you stop using. You have re-
place roles now. Learning new skills, and this is done at meetings and with your sponsor, is a necessary step in
adjusting to your new circumstances.

Rather than see additional burdens in new tasks, I choose to see them as a breath of new life.

Children

Due to the increasing number of children and teenagers at the Alano club,
we ask the all parents please be responsible for their own children,

In and outside of the meeting.

And, if their child is disrupting the meeting please be kind to others
trying to hear the message and remove the child from the meeting!

There has been a growing number of incidents and we would like to keep them to a minimum.

Sobriety Calculator
www.recoveryemporium.com/SobrietyCalculator.htm