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# The San Jose Alano Club News

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*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 :**

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

## **Servants in Your Employ:**

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

## Recovery Milestones

### **May Recovery Birthdays—Happy Birthday!!!!!!**

<b>Name</b>	<b>Birthday</b>	<b>Years</b>	<b>Name</b>	<b>Birthday</b>	<b>Years</b>
Elaine H.	05/03/97	20	Mark M.	05/24/85	22
Felix L.	05/04/92	15	Norris P.	05/26/91	16
Grace A.	05/05/80	27	Gordies H.	05/31/05	2
Steve H.	05/06/85	22			
David R.	05/06/89	18			
Lucy A.	05/11/05	2			
Joseph C.	05/12/06	1			
Rudy R.	05/19/03	4			
Elias M.	05/22/01	6			
Frank P.	05/24/93	14			



Have you visited our Web Site?

.Do you have something you would like

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## May Member of the Month

There are so many!!!!

**We just want to give a great big thanks to all the members who helped on Easter. We had baskets donated, eggs donated, candy donated and A LOT of Happy Kids!!!!!!**

**Regina P for all she has done to make this club a fun Place to be.**

## **The Alano Club of San Jose Presents— April Activities**



### **Alano Club Dances** **Come and Join the Fun!!!**

**Saturday May 12**

*And*

**Saturday May 26**

### **Free** **Membership Breakfast**

Saturday, May 26

8:30 am til 11:00 am

### **Board of Directors Meeting**

Thursday, May 17 @ 7:30 pm.—downstairs meeting room.

All Current Members are invited.

### **Bike Run**

June 2007

Everyone Welcome

Please see Mike A.

### **22nd Annual Golf Classic**

Sunday, June 10th

Held at Ridgemark Golf Course

Hollister, California

More information at our Website

### **Memorial Day B-B-Q**

**Monday May 28 1pm to 5pm Honoring our fallen military**



**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.

**We ask the all parents please be responsible for their own children.**

## Peggy

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Peggys' Husband was stationed in Germany, 1960. When she had knew she had enough of his alcoholism, she had lived with it for 20 years. She was ready to go see the commander and leave. When one day 3 ladies knocked at her door. They said they were from Al-Anon. What's Al-Anon? Families of Alcoholics. I very first meeting Peggy went to they talked about the steps. It took 3 months for this meeting to get literature. On Saturdays they would go to meetings in Munich. She didn't understand step 1- They explained to her it wasn't the alcohol that she drank, it was the alcohol that her husband drank. She didn't understand why her Husband couldn't put a "plug in the jug" So they told her to, "Sit on a pot and try to use your will power!" That helped her to understand. Al-Anon helped her to understand that the problem was bigger than her Husband. So In February 1960, Peggy became a member of Al-Anon. Up until the second step she had blame GOD for all her problems. Finally finding a higher power helped her so that she had a place in her mind to go Up until Peggy go to her 3rd Step, she didn't think she had any faults. It took her a long time to and the Serenity Prayer Helped. There were only two meetings when they came back to San Jose. One on Minnesota Avenue and One on Second Street. It was very upsetting to Peggy that Al-Anon wasn't that well know then. So Five Ladies, One being Peggy, Thought how come we don't start a meeting on the East Side. SO In 1962 is what they did. First @ James Lick and the the Alano Club. Peggy has sponsored many people including "can't change nobody" Paul. And Paul still calls her to this day. Peggy is 93 years young and celebrates 47 years of Al-Anon. She says, "serenity is to accept what is and not what we want!"

### **Co-Dependents Anonymous (CoDA)**

*What is Co-Dependents Anonymous?*

*Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.*

*What is a CoDA meeting?*

*Attending meetings is necessary for recovery in the CoDA program. A codependent attends meetings for his/her personal recovery, and this attendance benefits everyone, its what creates the group. At meetings, we share our experience, strength, and hope in our program of recovery.*

### Sobriety Calculator

[www.recoveryemporium.com/SobrietyCalculator.htm](http://www.recoveryemporium.com/SobrietyCalculator.htm)

### Congratulations

**To Board Member and Editor of this News Letter, Laura M., For becoming a Great Auntie  
Her God Daughter/Niece Gave birth to a 4 lb 14 oz baby boy, Isaac Lopez on 4/13/07  
Great Auntie, Grandma (Nani) and Grandpa are all members if AA. What a great gift sobriety is!!!!**