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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:

- Milton Brock
- Susan Boyd
- Mike Austin
- JoAnn Johnson
- Laura Martin
- Cora Stewart
- Steve Holloway
- @ Sue Salmon

#### • Servants in Your Employ:

- Tony Baron
- Mary Garcia
- Whitney Gonzales
- Regina Palacios
- Tammie Aguirre
- Patty Vargas
- Patricia Murillo

## Grateful November Milestones !!!!!!!!

Name	Birthday	Years	Name	Birthday	Years
Kimberly O.	11/1/1986	21	Clyde R.	11/26/1989	18
Brunie O.	11/5/1986	21			
Don McD	11/12/1983	24			
Mark G.	11/15/2003	4			
Ray C.	11/21/1997	10			
Henry R.	11/21/1982	25			

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### November Member of the Month

Jason C. For his help in making our heritage dinner such an enjoyable event. Thank you Jason

Have you visited our Web Site? [alanosj.org](http://alanosj.org)

Do you have something you would like to Contribute ?

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**The Alano Club of San Jose Presents— November Activities**

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**Annual Free Thanksgiving Dinner**

**Thursday November 22, 2007  
starts at 2:00 Pm**

**Membership Free Breakfast**

**Sunday Nov. 25, 2007**

**8:30 am to 11:00 am**

**Board of Directors Meeting**

**Thursday, November 15th @ 7:30 pm.—downstairs meeting room.**

**All Current Members are invited**



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**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.**

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## 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.....

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