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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 :**

- Milton Brock
- Domingo Hurtado
- Phil Lohafer
- Cora Stewart
- Steve Holloway
- Sue Salmon
- JoAnn Johnson
- Laura Martin
- Norris Ponder

• **Trusted servants in your employ**

- Tony Baron
- Whitney Gonzales
- Maria Garcia
- **Tammy Torres**
- Regina Palacios
- Tahnee Re
- Angelica Martinez

Gina Sharpe

July Sobriety Milestones

Name	Birthday	Years	Name	Birthday	Years
Tahnee R	7/1/2007	1	John M	7/18/1988	20
Tony B	7/4/1973	35	Al E	7/22/1951	67
Domingo H	7/8/1989	19	Michael F	7/24/2002	6
Rudy P	7/11/1998	10	Mike S	7/25/1971	37
Chauncey H	7/11/1999	9	Jose R	7/25/2007	1
Betty A	7/13/1982	26	Stefanie C	7/27/1999	9
Ricky L	7/13/2005	3	Jasen B	7/28/2005	3
Ed Y	7/14/1987	21			



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July Member of the Month

This month the Board has decided to honor itself as Members of the month for "showing up". Congratulations to everyone on our Board of Directors !

Have you visited our Web Site? alanosj.org

Do you have something you would like to Contribute ?

The Alano Club of San Jose Presents— July Activities

July 2008

Board of Directors Meeting
Thursday July 17, 2008 7:30pm
All members are welcome to come

Independence Day B B Q
Friday July 4, 2008 1PM
Ribs, Chicken, & Hot Links
Members \$12.50
Non-Members \$15.00

EARLY BIRD SPECIAL
\$ 3.00 REGULAR BREAKFAST
8:30 AM TO 10:00 AM
WEEKDAYS ONLY IN JULY

5th Annual
Bike Run & Live Music
Saturday July 19, 2008
Registration @ 9:00am \$20.00
Includes Run, BBQ, & Live Music
For more information contact Mike Austin 408 726-9880

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.

Ever wonder about the meetings held here at our club? Below are bits of information about each recovery meeting. Note that we are not promoting them, instead we are providing information about them. The content below was taken directly from each entity's website.

Alcoholics Anonymous

What is Alcoholics Anonymous?

We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt—most of us successfully—to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.

What happens at an A.A. meeting?

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

Cocaine Anonymous

What is Cocaine Anonymous?

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem, and help others to recover from their addiction."

The best way to reach someone is to speak to them on a common level. The members of C.A. are all recovering addicts who maintain their individual sobriety by working with others. We come from various social, ethnic, economic and religious backgrounds, but what we have in common is addiction.

What is the definition of a Cocaine Anonymous group?

A meeting is when two or more people gather together to share their experience, strength and hope with each other. A meeting may call itself a C.A. Group when: The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

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.

Narcotics Anonymous

What is Narcotics Anonymous?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help.

Crystal Meth Anonymous

No information to date—will update when info becomes available.

Life is a dance if you take the steps!