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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 Serrants on the Board**
- Milton Bruch
- Domingo Hernandez
- Phil Lubliner
- Carol Stewart
- Steve Holloway
- Sam Salinas
- Julian Johnson
- Laura Martin
- Maria Pineda
- **Trusted servants in your employ**
- Tony Baron
- Whitney Gonzales
- Maria Garcia
- Patty Vargas
- Regina Palacios
- Tahnee Re
- Angelica Martinez
- Arvie Taylor
- Cindy Carasco
-

November Sobriety Milestones

Name	Birthday	Years	Name	Birthday	Years
Reggie Y	11/1/1981	27	Greg M	11/15/2007	1
Matt S	11/4/2002	6	Mark G	11/15/2003	5
Brunie O	11/5/1986	22	Ida L	11/21/1971	37
Larry B	11/6/2005	3	Jesus D	11/21/2007	1
Art O	11/7/2007	1	Henry R	11/21/1982	26
Steve H	11/9/2007	1	Rejoyce R	11/25/2005	3
Krystal G	11/9/2007	1	Clyde R	11/26/1989	19
Vina B	11/10/1984	24	Jeffrey D	11/28/1995	13
Don M	11/12/1983	25			



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November Members of the month

Michael J and Andy S are 2 members who never hesitate to volunteer their time and talents whenever the club is in need. Thank you for everything guys!

Have you visited our Web Site? alanosj.org

Do you have something you would like to Contribute ?

The Alano Club of San Jose Presents— November Activities

November 2008

Board of Directors Meeting
Thursday Nov20, 2008 @ 7:30pm
All members are welcome to come

HEY CLUB MEMBERS

\$ 3.00 BREAKFAST IS BACK

WEEKDAYS 8:30AM TO 10:00AM

FREE THANKSGIVING DINNER

THURSDAY NOV 27, 2008

DINNER SERVED AT 2:00 PM

DONATIONS NEEDED, SEE SIGN UP SHEET AT COUNTER

The Fair Ave Fellowship

Thanksgiving Day Alka-thon

Details to be announced

Dancing at the Club

Saturday Night 9:30

November 1, 2008

brought to you by Project 90



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.

A LESSON FROM OUR FEATHERED FRIENDS

We live on the Pacific Flyway, one of the earth's major bird migration paths, so we often see geese in the fall and spring. As surprising as it may sound, our feathered friends can teach us a lot about unity and teamwork.

FACT: As each goose flaps its wings, it creates an "up lift" for the following geese. By flying in a "V" Formation, the whole flock moves 71 percent faster than if each goose flew alone.

LESSON: People who share a common direction, sense of community, and goals can get where they are going faster and easier because they are traveling on the thrust of one another.

FACT: Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone. It quickly gets back into formation to take advantage of the "lifting power" of the bird immediately in front.

LESSON: If we wish to be efficient, we will stay in formation with those who are headed where we want to go.

FACT: When a goose gets sick, wounded, or shot down, two geese drop out of formation to follow him down to help protect him. They stay with him until he is either able to fly again or dies. They then launch out on their own or with another formation to catch up with their flock.

LESSON: We need to mentor, nurture, support, and stand by each other.

FACT: When the lead goose gets tired, it rotates to the back of the formation and another goose flies at the point position—the cutting edge.

LESSON: We must develop multiple leaders and take our turns on the cutting edge. Everyone is important and must learn skills to make a positive contribution to the flock.

FACT: The geese in formation honk from behind to encourage those up front to keep up the good work.

LESSON: We need to make sure our "honking" from behind is encouraging, never anything less helpful.

Gratitude

"Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance, chaos to order,
confusion to clarity.

It can turn a meal into a feast, a house into a home,
a stranger into a friend.

Gratitude makes sense of our past, brings peace for today,
and creates a vision for tomorrow."