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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
- Ragina Palacios
- Steve Holloway
- Sue Salmon
- Tammy Henry
- Laura Martin
- Norris Ponder
- Trusted servants in your employ
- Tony Baron
- Whitney Gonzales
- Mary Garcia
- Patty Vargas
- Regina Palacios
- Tahnee Re
- Angelica Martinez
- Arvie Taylor
- Cindy Carasco
- 

## January Sobriety Milestones

Name	Birthday	Years	Name	Birthday	Years
Tim P	1/1/1969	40	Virginia B	1/10/1997	12
Jody K	1/1/1983	26	Audrey B	1/13/1972	37
William L	1/1/1989	20	Rudy C	1/14/1978	31
Gilbert S	1/1/2000	9	Dan O	1/15/1973	36
Cheryl L	1/1/2007	2	Rachel P	1/16/1994	15
Susan H	1/4/2006	3	Jeanett E	1/17/2002	7
Juan A	1/5/1982	27	Janet H	1/27/1981	28
Sheri R	1/6/2004	5	John L	1/30/1998	11
Barry P	1/6/1986	23	Bill R	1/30/1989	20
Francine N	1/8/2006	3			



### Inside this issue:

Sponsors, Contributors, Donors.	2
Announcements and Activities	3
The Alano Club Presents	3
12 Step Meetings	4
Alano Club Meetings—What they're about	5

## January Members of the month

**Thank you to Mike A and Rudy L who wrestled our new Fridge into place, great job guys!!!**

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

Do you have something you would like to Contribute ?

The Alano Club of San Jose Presents— January Activities

**Board of Directors Meeting**

**Thursday Jan 15, 2008 @ 7:30pm**

**All members are always welcome !!**

**Welcome to our 2 new Board Members**

**Tammy Henry & Regina Palacios**

**It's back!**

**\$3.00 Member For the month of January**

**8:30am to 10:00 am Monday-Friday**

**Dance the Night Away  
Saturday Night at 9:30 pm  
January 17, 2009**

**Admission \$ 5 SLE \$ 3**



**Club Membership Dues**

	Monthly	Six Months	Thirteen
Regular	\$20	\$100	\$200
Senior	\$10	\$50	\$100
Fixed Inc.	\$10	\$50	\$100
Couples	\$15(Each)	\$75(Each)	\$150(Each)

**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.**

## 12 step meetings held here at the club

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**

*What is CMA?*

*Crystal Meth Anonymous is a fellowship of people for whom all drugs, particularly methamphetamines, have become a problem. The only requirement for membership is a desire to stay clean and lead a sober life. The members of Crystal Meth Anonymous meet regularly, share support and fellowship, and create a safe environment in which to stay clean.*