Volume 61, Issue 5 is a monthly newsletter published by the Alano Club of San Jose, Inc.

#### May 2010

#### • Trusted Servants on the Board

- Steve Holloway
- Tammy Henry
- Sue Salmon
- Regina Palacols
- Mike Austin
- Chris Giradot
- Domingo Hurtado
- Milton Brock
- Laura Martin
- Trusted Servants in your Employ
- Tony Baron
- Whitney Gonzales
- Maria Garcia
- Regina Palacios
- Kelly Swanberg
- Anthony Martinez
- Diane Nichols
- Tammy Aguirre

#### 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

# The San Jose Alano Club News

1122 Fair Ave. San Jose, CA 95122 Phone # (408) 297-1878, Fax # (408) 297-4100

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

## **May Sobriety Milestones**

	Name	Birthday	Years	Name	Birthday	Years
	Willie C	5/2/1997	13	Rudy R	5/19/2003	7
	Raymond F	5/3/2009	1	Elias M	5/22/2001	9
mploy	Felix L	5/4/1992	18	Frank P	5/24/1993	17
	Alan B	5/5/1994	16	Doris G	5/26/1973	37
	Steve H	5/6/1985	25	Norris P	5/26/1991	19
	David R	5/6/1989	21	Jeff L	5/27/2000	10
	Will D	5/10/2002	8	Douglas C	5/28/2008	2
	Andy H	5/13/2005	5	Gordies H	5/31/2005	5
	Greg M	5/16/1988	22			

*Come Celebrate Saturday May 15, 2010* Birthday Panel Speaker Meeting 8:00 pm Birthday Dance 9:30 pm to Midnight

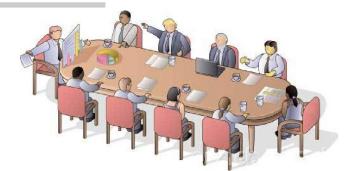
## May Member of the Month

## Dale P for his donation of a reach in

### glass door refrigerator to kitchen

Have you visited our Web Site? <u>alanosj.org</u> Do you have something you would like to Contribute ? The Alano Club of San Jose Presents— April Activities

Board of Directors Meeting Thursday May20, 2010 7:30pm All members are always welcome !!



Saturday May 15, 2010 2nd Annual 10K Walk for Recovery Fund raising packets are due May 9th Walk begins at 9:00AM

SUNDAY MAY 23, 2010

24TH ANNUAL ALANO CLUB GOLF CLASSIC

RIDGEMARK GOLF & COUNTRY CLUB

12:00 PM CHECK IN 1:00 PM TOURNAMENT BEGINS

DINNER AND AWARDS TO FOLLOW THE ROUND



MONDAY MAY 31, 2010 Memorial day B-B-Q Tickets on sale soon

<u>Alano Club Membership:</u> 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!

**<u>Behavior</u>**: We count on Good Behavior!

<u>Children:</u> No children under 13 years old allowed on Club property after 9:30 p.m. Children under 16 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.



#### Faith is not belief without proof but trust without reservation

Large Coffee
FREE
 The Alano Club of San Jose Current Members only l coupon per member Expiration Date: 05-31-10

#### Crossword Answers

<u>Across</u>	<u>Down</u>
2. preamble	1. acceptance
8. willingness	3. alcoholics
9. Bill W	4. open-mindedness
12. traditions	5. moral
15. steps	6. Big Book
16. fearless	7. Dr Bob
18. meetings	10. Lois
21. power	11. wet
22. honesty	13. recovered
	14. easy
	17. inventory
	19. sponsor
	20. serenity

## The greatest joy – Giving The greatest loss - Self-respect The most satisfying work - Helping others The most endangered species – Dedicated leaders **Our greatest natural resource – Our vouth** The greatest shot in the arm – Encouragement The greatest problem to overcome - Fear The most effective sleeping aid- Peace of mind The most powerful force in life - Love The most dangerous pariah – A gossiper The worlds most incredible computer - The brain The worst thing to be without - Hope The deadliest weapon - The tongue The two most power-filled words - I Can The greatest asset - Faith The most worthless emotion - Self-pity The most beautiful attire – A SMILE! The most prized possession – Integrity The most contagious spirit - Enthusiasm

The List

The most destructive habit – Worry

\*Author Unknown

In Twelve Step meetings, we don't talk about counseling, treatment centers, or non-program reading. Many of us have been helped in these ways, but we shouldn't confuse them with Twelve Step programs.

We must keep our Twelve Step programs pure, no matter what is in style among counselors or at treatment centers, or what the latest books say. Certainly, we should use these sources if they help us, but not in our twelve step meetings. There, we must stick to the basics that have helped alcoholics recover all over the world for many years. Steps, traditions, meetings, sponsorship – these things work, no matter what is in style.