

Volume 62, Issue 12  
 A monthly publication  
 Published by  
 Alano Club of San Jose, Inc.  
 Dec 2011

# The San Jose Alano Club News

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



- **Trusted Servants on the Board**
- Tammy Henry
- Sue Whiteside
- Regina Palacios
- Mike Austin
- Domingo Hurtado
- Rudy Lugo
- Sue Erskin
- Phil Lohafer
- Michael Johnson

**Trusted Servants in your Employ**

- Tony Baron
- Whitney Gonzales
- Maria Garcia
- Regina Palacios
- Angela Young
- Anthony Martinez
- Judy Harvel
- Stefanie McKewon

*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 Sixty Years*

## December Sobriety Milestones

Name	Milestone	Years	Name	Milestone	Years
Kindra T	12/1/2006	5	Felix F	12/18/2008	3
Muhammed Y	12/7/2007	4	Gary C	12/20/2008	3
Michael S	12/10/2010	1	David K	12/22/1996	15
Francisco H	12/12/1995	16	Sergio M	12/25/2008	3
Eddie D	12/12/2006	5	Chris G	12/28/1990	21
Jim O	12/15/2009	2	Diana B	12/31/1970	41
George H	12/18/1968	43			

**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

## December Member of the Month

**A huge thank you to Amy B. for creating the 3-dimensional replication cake of our Alano Club for the 60th Heritage Dinner Celebration!**

**Also, a big thank you to Jim O. for helping out during so many events , in so many ways! Thanks to both of you!!**

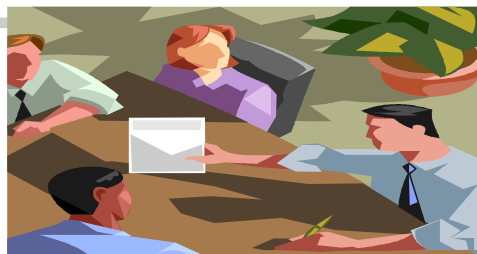
Have you visited our Web Site? [alanosj.org](http://www.alanosj.org)

Do you have something you would like to Contribute ?

to contribute? Send us an e-mail. [alanosj.org](mailto:alanosj.org)

## The Alano Club of San Jose Presents December Activities

**Board of Directors Meeting**  
**Thursday, December 15, 2011**  
**7:30 pm**



*Annual Membership Meeting/ Spaghetti Feed*

*Sunday December 11, 2011 2:00 pm make your voice heard!*



**Christmas Bake Sale Fundraiser**

**Saturday Dec. 24, 2011 @ 9:00am**

*To donate baked goods for this event*

*please contact Regina P 408 297-1878 or 849-6873*



*December Recovery Birthdays Panel Speaker Meeting*

*Saturday December 17, 2011 8:00 pm*

**Fair Ave Fellowship Christmas Eve/Day Alka-thon**

**Saturday Dec 24 9:00 am thru Sunday Dec 25 9:00 pm**

**Annual Christmas Dinner served Sunday Dec 25 2:00 pm**

**Santa Claus arrives at 12:30 pm Sunday Dec 25**

**Pictures with Santa 12:30pm to 1:30 pm**

**Toys will be distributed at 1:30 pm**



**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.

**Children under 16 must not be left unattended for any reason. This includes 12-Step meetings.**

## Words of encouragement

### Coping With The Holidays

1993, I was in a 30-day rehab for drugs & alcohol at O'Connor hospital, from which I continued as an aftercare patient for a full year. The holidays were quickly approaching and I realized the last twenty holidays of my life were filled with getting drugs, drinking and buying booze,. I prayed that I would not sneak off and steal a drink. I overheard someone say that there was a class on "How to Cope with the Holidays." I signed up immediately.

Here are some things I learned that helped me not only with the holidays, but in other stormy events:

1. First and foremost, do not have expectations!
2. Have a backup plan. If your spouse or family and friends drink, then driver there in your own car. This way you do not need to rely on anyone else.
3. Pray, Pray, Pray, Pray.
4. Less is more; relax and watch; laugh and smile.
5. Restrain your pen and tongue.
6. If you are anxious and know that it would be best for you to skip the function, by all means, skip it!
7. See if it is possible for you to bring a sober friend to the party.
8. Have your sponsor's cell phone number in your cell phone. Call your sponsor if you need a moment to refocus.
9. The party is not just about you. It's about having a sober, true time with your friends and family. It's about smiling for the camera and beginning to build memories you can be proud of.
10. Stay grateful!

I used this formula the first holiday I had sober. Even when I felt stressed, some part of the plan worked for me. I had a good time and I did it sober. So far, I have not yet been able to dance sober. Perhaps that will be my New Year's Resolution for 2012, that I will dance sober this year.

— *Jill C.*

**HAVE A CAR THAT YOU DON'T KNOW WHAT TO DO WITH? CONSIDER DONATING IT TO THE ALANO CLUB!!**

**WE ARE A NON-PROFIT ORGANIZATION & YOU CAN BENEFIT WITH A TAX DEDUCTION!**

**FOR MORE INFORMATION, CONTACT TONY B. AT 297-1878**

**Planning a sober event? Please contact the Club  
Manager to rent out Duncan Hall 408 297-1878**