

The Alano Club of San Jose News

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 www.alanosj.org

Board of Directors

Milton Brock – President
 Judith Bell – VP
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 Vacancy

The Alano Club is your Club. Our mission is to:

- Provide a safe & supportive environment where 12-step recovery can take place
- Provide information to help those new to recovery
- Provide encouragement through fellowship within a twelve step community
- Provide a place where twelve step meetings can take place
- Provide a social setting for events and other recovery-related activities

We have been a community asset for over sixty years.

Sobriety Milestones

Alano Club Staff

Tony Baron
 Maria Garcia
 Regina Palacios
 Angela Young
 Anthony Martinez
 Lea Guthrie
 Terisa Martinez
 Scott Lauer
 Tammy Aguirre

Name	Milestone/Years	Name	Milestone/Years
Kindra T	12/01/2006 7	Jake O	12/01/2012 1
Doug H	12/04/1990 23	Jerry H	12/04/1990 23
Patty H	12/04/2005 8	Miguel G	12/05/1982 31
Shep H	12/07/2002 11	Muhammed Y	12/07/2007 6
Michael S	12/10/2010 3	Francisco H	12/12/1995 18
Eddie D	12/12/2006 7	George H	12/18/1968 45
Butch M	12/18/1976 37	Jay T	12/20/2006 7
David K	12/22/1996 17	Jeremiah P	12/27/2007 6
Chris G	12/28/1990 23	Nava F	12/28/2012 1
Mike O	12/30/1983 30	Diana B	12/31/1970 43

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Member of the Month – Freddie P

Freddie has been a major contributor to the club with wonderful fund raising ideas and serving on the Alano Club Board of Directors. He has supported these events from the inception all the way through to selling an amazing number of raffle tickets at each event.

Thank you Freddie P!

Activities & More at the Alano Club of San Jose

December

**Elections for 2014
Alano Club of San Jose
Board of Directors Positions (3)
2pm December 8, 2013 Duncan Hall**
Membership Spaghetti Dinner during this time

**Alano Club of San Jose
2nd Annual Bike Run Toy Ride
December 14
Donate a Toy**

**Christmas Boutique
Dec 15th 1:30pm – 4:30pm
Table Rental: \$10 Members
\$12 Non-Members**

**Christmas Eve & Day Alcathons
December 24 & 25**

**Alano Club of San Jose
Christmas Day Dinner
December 25th
Duncan Hall 2-4 pm**

**Santa for the Kids
December 25th
11 – 12am**

January 2014

**The 2014 first AA meeting in
Santa Clara Valley
January 1, 2014 12:00am
*Start the New Year Right!***

***Adrian Flores Presents:*
Team Dance Class Training
Saturday January 4 @ 3:00 – 4:30pm
Cost: To be announced.
More information to follow!**

The Alano Club of San Jose – 12 Step Meetings

Alcoholics Anonymous		Narcotics Anonymous	
Daily	9:00 am, 12:00 pm	Mon & Tue	6:30 pm
Mon- Fri	4:00 pm	Fri	6:00 pm (Women)
Mon-Sat	6:00 pm	Fri & Sat	8:00 pm
Tue	9:30 pm (Men)	Sat & Sun	10:00 am
Wed-Fri	7:30 pm	Sat	1:00 pm (Tagalog Speaking)
Wed	8:00 pm (Women)	Sun	6:30 pm (Speaker)
Sat	10:00 am (Men)		
Sun	3:00 pm (Women) , 5:00 pm (Men)	AI-Anon	
Sun	7:30 pm	Mon	8:00 pm
Mon-Fri	7:30 pm (Spanish)	Tue	12:00 pm
AA Medicine Crow Talking Circle		Co-Dependents Anonymous	
Sat	12:00 pm	Wed	6:30 pm
		Sun	5:00 pm

The Next Alano Club Board of Directors Meeting

Will be held Thursday
December 5, 2013 at 6:00 pm
All Members are Welcome!

The Next Fair Avenue Fellowship Group Steering Committee Meeting

Will be held Thursday
December 12, 2013 at 6:30 pm
Mandatory for all secretaries
All Members are Welcome!

Life in Recovery

“The greatest thing in this world is not so much where we stand
as in what direction we are moving.”

Oliver Wendel Holmes

The Gift of Recovery

The First Woman to Achieve Enduring was Sobriety Sylvia K 9/13/1939

Did you Know: The first Woman To Achieve Enduring Sobriety

Reprinted from the Alanoclubs.com Newsletter

Contrary to popular belief, Marty M was not the first female in AA with enduring sobriety, though she joined around Christmas 1940, she had numerous slips throughout her life. On the other hand Sylvia K in Chicago IL was probably the first woman to achieve permanent long term sobriety. According to member list index cards kept by the Chicago Group, Sylvia's date of sobriety was September 13, 1939 and she stayed sober until her death.

Who was Sylvia? She was a product of the post-war prohibition era of the roaring 20s. She married at twenty, had two children and was divorced at twenty-three. This gave her good reason to drink. By twenty-five she had developed into an alcoholic.

She began making the rounds of the doctors and between the ages of twenty-five and thirty she had tried everything. She moved to Chicago thinking a new environment would help. She tried all sorts of things to control her drinking: the beer diet, the wine diet, timing, measuring and spacing of drinks. Nothing worked. The next three years saw her in sanitariums, once in a ten-day coma from which she very nearly died. She wanted to die, but had lost the energy to try. In 1939 one of her doctors heard of the book Alcoholics Anonymous and wrote to New York for a copy. After reading it he tucked it under his arm and called on Sylvia. That visit marked the turning point of her life. He gave her the cold, hard facts about her condition and that she would die of acute alcoholism, develop a wet brain or have to be put away permanently. He got her in contact with the handful of people in Akron and New York who seemed to have worked out a technique for arresting their alcoholism. Sylvia went out to Akron and stayed for two weeks, and while at first she wanted to move there permanently, someone told her it would mean a great deal more if she could go back and help in Chicago.

She went back to Chicago where she eventually got sober September 13, 1939. She became the first secretary at the Intergroup Office in Chicago, the first Intergroup in the country. Sylvia updated her story in the January 1969 issue of the "A.A. Grapevine." She tells how busy her first ten years in A.A. were, but how all the tremendous activity, which brought her into almost constant contact with other members, provided her with everything she needed to save her life. Looking back, Sylvia realized this was the most exciting and beautiful period in her life.

-reprinted from Barefoot's World

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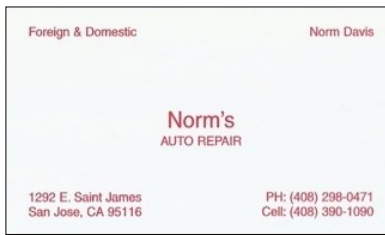
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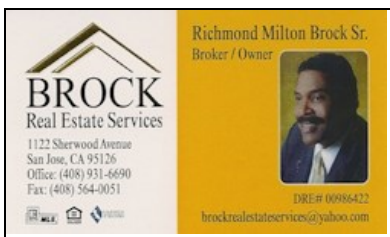
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