

September 2015

The Alano Club of San Jose News

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www.alanosj.org

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Alano Club of San Jose
Board of Directors Meeting
August 6th at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee
Meeting
September 10th at 6:30 pm
 All Are Welcome

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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

Name	Milestone/Years	Name	Milestone/Years
Nancy C	09/01/1988 27	Jill L	09/02/1987 28
Denise W	09/02/2013 2	Carl H	09/04/1984 31
Thomas G	09/07/1982 33	Maggie C	09/07/1990 25
Edward M	09/09/1977 38	Steve T	09/09/1992 23
Robert P	09/09/1994 21	Michael M	09/10/1988 27
Jose P	09/11/2015 0	Ed R	09/12/1987 28
Sal C	09/15/1988 27	Kenntn W	09/18/1981 34
Art V	09/18/1998 17	Randy G	09/21/1987 28
Sonny S	09/21/1988 27	Steve M	09/21/1996 19
Michael R	09/22/1990 25	Gaylynn R	09/22/2009 6
Noah L	09/22/2013 2	Michael J	09/24/2001 14
Ralph S	09/24/2014 1	Mac M	09/25/1973 42
Joe P	09/25/2000 15	Marlene S	09/27/1993 22
Carmen L	09/29/2014 1		

Member of the Month – Milton Brock

Richmond Milton Brock. Sr. spent the last 34 years of his life by “Giving Back” as he was a member of various 12 Step Groups that meet at the ALANO Club of San Jose. Milton was a member of the “Think Tank”, a Men’s Meeting at 10:00 a.m. Saturdays.

Milton was an active member of the Masonic Lodge. His professional life involved a career with the U.S. Marine Corps, working at and retiring from Pacific Gas and Electric; and then the last several years of his life as a Real Estate Sales Person/Broker.

Born in San Francisco on April 27, 1948, Milton attended the public school system In San Francisco. His last few years of school were in Palo Alto, CA.

Milton was a Father, a Husband, an Uncle and a Grandfather. He celebrated three different marriages.

Memorial Services of Standing Room Only were held Saturday, Aug. 8, 2015 at the ALANO Club. Other services include Masonic Rites, a Catholic Mass on Aug. 10th at Five Wounds Portuguese National Church, and his burial at San Joaquin Valley National Cemetery.

Activities & More at the Alano Club of San Jose

Alano Club BBQ- Triple H BBQ

Saturday September 26th
All you can eat for \$10.00
Hot Dogs, Hamburgers, Hot Links

Our Annual Heritage Dinner
October 17, 2015

Support Our Sponsors
Become a Member

T-Bone Memorial
September 19th
1 to 4 pm

Remembering Milton Brock

A regular and well-known member of the San Jose ALANO Club East for many years was our late Milton Brock. (See Obituary on Page 1).

Richmond Milton Brock Sr. had a celebration of life at the ALANO Club on Aug.8th and on Aug. 10th at the Five Wounds Portuguese National Catholic Church. Both services were "Standing Room only". Milton's involvement with the Twelve Step Programs was prominently celebrated at both services.

The 23rd Psalm was read at the Catholic service, plus scripture from both Matthew and Luke. A very gentle rendition of the song, "*Sing Hallelujah to the Lord*", was played.

It was noted that Milton had three major Christian philosophies: 1. "Life is a gift from God; 2. "Live today as if it may be my last day on Earth"; and 3. "Practice Forgiveness".

Milton's minister and A.A. sponsor shared that the night before Milton's heart surgery that he asked for special prayer and that his body be anointed in preparation of the surgery which had been anticipated for a time.

At the Catholic Mass at Five Wounds Catholic Church – Communion was offered with the song "*Be Still My Soul*", playing in the background. His minister and his children and his brother Luther all shared their memories and special remembrances with the crowd. His eldest son, Richmond Brock, Jr. shared that "My Father Had a Dream", in which he listed a large number of events and goals which took place in the life and career of Richmond Milton Brock Sr.

It was noted that Milton had sponsored over 100 people in various 12 Step groups. "Please get a new sponsor," advised the lovely lady who shared that information.

Why I am a Member of the Alano Club of San Jose

Who Are You? “My name is Anthony Purnell, and I am the father of three daughters.” Tony has been a Firefighter with the city of Milpitas for 13 years, and has coached Youth Basketball programs for the cities of Gilroy and Morgan Hill.

Tell Me About Your Early Home Life? “I had a great childhood. It was my sister and myself, and our Mom was a single Mom. However, that changed in 1973, when my Mom remarried and our family moved to San Jose from Saint Louis.”

When Did You Have Your First Drink? “It was June 14th, 1978, and I was 15. My Mom was a light drinker and would always have a drink when she arrived home from work. She drank Rum and Coke from a small Dixie cup. We talked it over and when I was 15, she agreed that I was old enough for my first drink. Her parties were very fun and there was lots of drinking.”

When Did You Have Your Last Drink? It was Jan. 31, 1988 and it was right after work and I went out with a friend to a nightclub in San Jose. My friend wanted to see if he could go all night without a drink. The time was 5:30 p.m. and in about an hour someone ordered a Corona Beer. The bartender placed it on the bar and I was supposed to slide it past me to the guy who ordered the drink. I grabbed it and took about three sips and then I realized what I had just done. I was amazed that I had done this without thinking. This was the situation that made me get serious and to accept the fact that I was an alcoholic.”

How Did You Find Out About A.A.? “Surprisingly enough it was a place called Raleigh Hills and it was featured in a Shick commercial. My girlfriend got a phone number for a recovery place in Hayward. It was a 28-day program called, ‘*Starting Point.*’ I graduated from the program on Sept. 1, 1987, and came to the ALANO Club the next month.”

What Is Your Advice for the New Comer? “Get involved with this place! Grab a Sponsor. Get involved with the various 12 Step Groups. Find and Talk to people who are hurting more than you are. Become a dues-paying member not just for a discount on the food, but to do your part to help keep the doors open.”

Please Pay Your Membership:

Please pay your membership if you are using the club and remember the price you paid to get here. I belong to other kinds of clubs and organizations, they didn't keep me sober. I personally like coming to a well lit, clean, happy place for meetings. I am happy to find what I need here. I can buy lunch, visit with a sponsee, go to a meeting and use the bathroom if needed. Lets continue to become successful, recovering members.

Your membership helps save lives every day. We are giving away what was given to us. Are you a member? We sincerely hope so. We need you. We need those of you who are in OA, NA and MA. EVERY ONE OF YOU IS VITAL TO KEEPING THE HOUSE OPEN. Copied from The Portland Alano News line, March 1996

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- Thu	4:00 pm	Tue	8:00 pm (Book Study)
Mon-Thu	6:00 pm	Tue	8:00 pm (Spanish)
Mon	8:00 pm (Tagalog)		
Sat	6:00 pm (Newcomers Q & A's)	Fri	6:00 pm (Women)
Tue	9:30 pm (Men)	Fri	8:00 pm
Thu	7:30 pm (Chip Mtg)	Sat	8:00 pm (Speaker)
Wed	8:00 pm (Women)		
Fri	6:30 pm (Speaker)	Sat & Sun	10:00 am
Sat	10:00 am (Men)	Sun	10:00 am (Spanish)
Sun	3:00 pm (Women) , 5:00 pm (Men)	Sun	6:30 pm (Speaker)
Mon-Fri	7:30 pm (Spanish)	Sun	7:30 pm (Spanish)
		Cocaine Anonymous (CA)	
		Sat	8:00 pm
AA Medicine Crow Talking Circle		AI-Anon	
Sat	12:00 pm	Mon	8:00 pm
		Tue	12:00 pm
Crystal Meth Anonymous (CMA)		Co-Dependents Anonymous	
Sun	6:00 pm	Wed	6:30 pm
		Sun	5:00 pm
Cross Addiction			
Mon	7:30 pm		

Help Wanted

Do you know MS Office? How would you like to be our new Newsletter Editor?

Do you know computers and networking? How would you like to be our new "I.T. Guy/Gal"?

Please stop by and talk with Tony Baron. Training provided.

Please support our Club Advertisers!



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Saturday, September 12, 2015

Free recovery event

8:30-3:00pm

Comedy show \$10

4-5pm

Many Paths

One Destination

Celebrating recovery, spirituality & fellowship

By celebrating our common goal of freedom from addiction, we hope to cultivate a greater appreciation, friendship, and communication among 12 step programs and recovery efforts, and increase public awareness and understanding of addiction and recovery.



Mark Lundholm, Comedian. Speaker and Event M.C. Mark has performed in all 50 states and 10 foreign countries. From world-renowned musicians, heads of state, and fortune 500 companies to rehabilitation centers and convicted felons, Mark has truly entertained on the world's stage. He's appeared on Comedy Central, Showtime, A&E, CBS, and NBC. Mark wrote and performed his own one-man show off-Broadway in New York City, and in his spare time created the DVD series Humor in Treatment, as well as the Recovery Board Game.



Glenda Jackson, CADCI. Born in The Bronx, and graduated from New York University, Bellevue School of Nursing in 1959. In early recovery her desire to help others led her to UCSC where she earned certification as a drug and alcohol counselor. She served as head counselor at Support Systems Morrison Residential Treatment Center. She has been an inspirational speaker at recovery conferences and conventions throughout the state and is a contributing author of the book "All Is Well". Since retirement from clinical practice, she continues to facilitate CRC aftercare program in Campbell. Glenda is passionate about recovery and devotes much of her time to working with women.



Jerry Callaway, M.D. Dr. Callaway is Board Certified in Internal Medicine and is one of the six ASAM Certified Addiction Medicine specialists in Santa Clara County (out of 7000 physicians). He has worked in Addiction Medicine for more than 30 years and has been the Medical Director of inpatient and outpatient treatment programs. In the past, he has taught in the Departments of Medicine and Psychiatry at Stanford and served seven years on the Santa Clara County Drug and Alcohol Advisory Committees.



Lynn Elliott-Harding, Psychiatric R.N. In her counseling practice in Oakland, California, Lynn specializes in eating disorders--or as she prefers--food dependency and other addictions. Lynn was the founding director of San Francisco eating disorders program (HOCC) designed on a chemical dependency model. Lynn is a pioneer in educating recovering individuals and professionals about underlying physiologic contributors to the progression of food addiction and in creating a unique treatment model that incorporates the physical, emotional and spiritual components of recovery. Lynn's counseling, teaching, and consulting focus on practical solutions, which offer genuine help and hope.

8:30-9:00:	Coffee & Fellowship	11:45-12:45:	Spaghetti Lunch (\$5)
9:00-9:15:	Welcome	12:45-1:00:	Door Prizes, 50/50 Raffle
9:15-9:45:	Native American Dancing, Drumming & Prayer	1:00-1:45:	Jerry Callaway
9:45-10:00:	Break, Door Prizes	1:45-2:00:	Break, Silent Auction
10:00-10:45:	Lynn Elliott-Harding	2:00-2:45:	Mark Lundholm – main speaker
10:45-11:00:	Break, Door Prizes	2:45-3:00:	Event Closing
11:00-11:45:	Glenda Jackson	3:00-4:00:	Happy hour: Coffee and music
		4:00-5:00:	Comedy show/fundraiser with Mark Lundholm (\$10)

Public information from 12-step programs will be available. Come and learn about these recovery organizations that sponsor this event:



Lincoln Glen Church, 2700 Booksin Ave, San Jose, CA 95125

For more information, to contribute, or to volunteer, contact Bill 408-591-5245 or Gary 408-593-8618 or visit us at manypathsonedestination.org. Many Paths One Destination is a non-profit organization.