

November 2015

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Alano Club of San Jose
Board of Directors Meeting
November 05 at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee
Meeting
November 12 at 6:30 pm
 All Are Welcome

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The Alano Club of San Jose News

1122 Fair Avenue, San Jose CA 95122

Phone: 408.297.1878 Fax: 408.297.4100

www.alanosj.org

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	Year
Reggie Y	11/01/1981	34	Art A	11/03/2012	3
Gary N	11/03/2014	1	Matt S	11/04/2004	11
Felix C	11/05/1975	40	Brunie O	11/05/1986	29
Larry B	11/06/2005	10	Bill S	11/07/2001	14
Barbara H	11/08/1992	23	Vina B	11/10/1984	31
Dominique K	11/10/2014	1	J.C. S	11/11/1989	26
Don M	11/12/1983	32	Jackie L	11/13/2014	1
Kevin R	11/14/2007	8	Mark G	11/15/2003	12
Ernest A	11/18/2010	5	Richmond B	11/18/2011	4
Oscar B	11/20/2014	1	Charles M	11/21/1978	37
Jesus D	11/21/2007	8	Karl D	11/21/2012	3
Monte C	11/22/2009	6	Cynthia M	11/28/2014	1
Julie M	11/29/2002	13			

Member of the Month – Ernie Austin

Ernie is always willing to help us with our problems, whether they be refrigeration, electrical or any number of the things that he is proficient in. People like Ernie are the backbone of our Club.

Thank You Ernie!

Keeping Optimism Afloat

The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing...
 THE LANGUAGE OF THE HEART, p. 240

A sober alcoholic finds it much easier to be optimistic about life. Optimism is the natural result of my finding myself gradually able to make the best, rather than the worst of each situation. As my physical sobriety continues, I come out of the fog, gain a clearer perspective and am better able to determine which courses of action to take. As vital as physical sobriety is, I can achieve a greater potential for myself by developing an ever-increasing willingness to avail myself of the guidance and direction of a Higher Power. My ability to do so comes from my learning, and practicing, the principles of The A.A. program. The melding of my physical and spiritual sobriety produces the substance of a more positive life.

Activities & More at the Alano Club of San Jose

**Our Annual Thanksgiving Meetings
and Meals**
November 26, 2015

**Food Donations taken for
Thanksgiving Dinner**
Sign-up sheet at Café Counter

The Fair Avenue Fellowship Group
THANKSGIVING ALCATHON

Thursday, November 26

9:00 am – 6:00 pm

&

The Alano Club of San Jose
THANKSGIVING DINNER

Will be served at 2:00 pm – 4:00 pm

All are welcome

You Don't Have to be Alone – Join Us

Location: Alano Club of San Jose – Duncan Hall

1122 Fair Avenue San Jose, CA

408.297.1817

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

One Member's Story – Kathleen S.

Who Are You? “My name is Kathleen S. Prior to The Twelve Steps of Alcoholics Anonymous; I was self-centered to the max, sensitive to the extreme and just your general, all around pain in the butt.”

Tell Me About Your Early Home Life? “I lived with my mother and sister. We fought just about every night. Looking back it wasn't much of a” home life” at all. My Value System was being formed during those years. In my family, material possessions defined the person.”

When Did You Have Your First Drink? “One day I drank a bunch of straight shots and absolutely loved the effect. The memory of that day is a little foggy, but I remember waking up and thinking I would never drink bourbon again, and I never did.”

When Did You Have Your Last Drink? “My last drink lasted years. I mean the only breaks I got were the days I was too ill to drink. By this time, my life had become absolutely miserable. It was like I had frantically stuffed so many problems into a box, that the box was now full, yet the problems kept coming.”

How Did You Find Out About A.A.? “I followed my boyfriend in. Poor guy was a drug addict. I, on the other hand, didn't drink every day. I figured that meant I was not, THANK GOD, an alcoholic. I don't know...I guess I must have been listening at meetings because I soon figured out I belonged here. That boyfriend and I went our separate ways, today both of us very active in the World of Recovery.”

What Is Your Advice for the New Comer? “I keep coming back because I am not well, and I know it! I live the program because I need to, and I know it! If I get complacent with my program I am in trouble, and I know it! My granddaughter's second grade teacher once told her “”Do what you are told, and do it quickly. That is all you need to know, and that is all you need to do.”” Living one day at a time has kept me sober for 23 years.”

This is Copied from The Portland Alano News line, March 1996

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. Let's 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. “

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	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
Fri	6:30 pm (Speaker)	Sat	8:00 pm (Speaker)
Sat	10:00 am (Men)	Sat & Sun	10:00 am
Sun	3:00 pm (Women) , 5:00 pm (Men)	Sun	10:00 am (Spanish)
Mon-Fri	7:30 pm (Spanish)	Sun	6:30 pm (Speaker)
		Sun	7:30 pm (Spanish)
		Cocaine Anonymous (CA)	
AA Medicine Crow Talking Circle		Sat	8:00 pm
Sat	12:00 pm	Al-Anon	
Crystal Meth Anonymous (CMA)		Mon	8:00 pm
		Tue	12:00 pm
Cross Addiction		Co-Dependents Anonymous	
		Wed	6:30 pm
		Sun	5:00 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!

Joseph Bennett
General Manager



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THOMPSON SHARKEY
ATTORNEY AT LAW

LAW OFFICE
93 DEVINE STREET
SAN JOSE CALIFORNIA 95110

thompsonsharkey@att.net
408-283-9458

Sharkey Law



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