

January 2016

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 Regina Palacios
 Anthony Martinez
 Angela Young
 Tammy Aguirre
 Rudy Ortega
 Terri Weeman
 Cassandra Warren
 Madelyn Gonzalez

Alano Club of San Jose
Board of Directors Meeting
January 7th at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
January 14th at 6:30 pm
 All Are Welcome

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The Alano Club of San Jose News

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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 |
|-------------|------------|-------|------------|------------|------|
| Jody K | 01/01/1983 | 33 | William L | 01/01/1989 | 27 |
| Owen S | 01/01/1991 | 25 | Elise K | 01/01/1994 | 22 |
| Eddie V | 01/01/2005 | 11 | Kris B | 01/01/2013 | 3 |
| Mary Luo G | 01/04/2009 | 7 | Juan A | 01/05/1982 | 34 |
| Sherrri R | 01/06/2004 | 12 | Richard D | 01/06/2008 | 8 |
| Shawn B | 01/07/1987 | 29 | Lionel O | 01/07/2004 | 12 |
| Terisa M | 01/07/2009 | 7 | Louie R | 01/08/1991 | 25 |
| Reba R | 01/09/1989 | 27 | Michael S | 01/10/2011 | 5 |
| Josephine B | 01/12/1988 | 28 | Audrey G | 01/13/1972 | 44 |
| Linda R | 01/14/2005 | 11 | Bill B | 01/14/2015 | 1 |
| Dan O | 01/15/1973 | 43 | Jim W | 01/15/1989 | 27 |
| Rudy B | 01/16/2010 | 6 | Jeanette E | 01/17/2002 | 14 |
| Tony M | 01/17/2014 | 2 | George P | 01/18/1990 | 26 |
| Kelly B | 01/22/2009 | 7 | Jim J | 01/22/2014 | 2 |
| Shelly L | 01/24/2003 | 13 | Terry S | 01/24/2013 | 3 |
| Janet H | 01/26/1981 | 35 | Jorge V | 01/29/2011 | 5 |

Member of the Month – Madelyn Gonzalez

Madelyn Gonzalez has been such a wonderful help around the Alano club. She has proven her commitment by lending a helping hand when ever needed no matter the situation. She is a wonderful addition to the Alano club staff. We appreciate all that you do for the Alano Club.

Thank You Madelyn Gonzalez!

Quote from “Twenty-Four Hours a Day”

Thought of the day:

When we come to the end of our lives on earth, we will take no material things with us. We will not take one cent in our cold, dead hands. The only thing we may take are the things that we have given away. If we have helped others, we may take that with us; if we have given of our time and money for the good of A.A., we may take that with us. Looking back on our lives, what are we proud of? Not what we have gained for ourselves, but what few good deeds we have done. Those are the things that really matter in the long run. *What will I take with me when I go?*

Activities & More at the Alano Club of San Jose

Talent Show January 16th 2016 from 2pm-4pm

Raffle drawing during the show. Tickets sold now at the cafe counter.

Last minute tickets sold at the show.

Suggested donation ~ We are trying to raise \$200 for the Alano Club

A Kind Word From an Alano Club Member

Submitted by Luther B. Alano Club member # 33

I am taking the opportunity on this wonderful day to thank the members of all our 12 step fellowships, and The Alano Club especially for the support you gave me and my family during the transition of Richmond Milton Brock Sr. to the " Big Meeting in the Sky ".

Alcoholics anonymous was where he got his life back and Milton let you know that. He was a Board member for many years and his life was centered around " giving back" and supporting the newcomer, as his predecessors taught him

One day around the time he celebrated his 34th year of sobriety, I was with him when A sponsee approached him and asked " where he had been "? He had only talked to him by phone in the past couple of weeks. Milton stated " I've been doing 90 meeting in 90 days at new meetings in the area". The sponsee said " how come "! Milton said " I just don't want to get drunk "! That's how his life was lead.

As his best friend and older brother I traveled many places and did many things with him. Our roles were reversed a lot since he opened this door to me and got to share his experiences by walking his talk.

Your support allowed us to do it with dignity, class and style during the 4-day celebration of his life. On one specific afternoon the Alano Club opened its doors to the whole community while people shared what he meant to them, one by one for 3 hours straight! I was able to conclude that day by saying "Thanks for keeping him sober he needed all of you to do it "

For Milton there was no other way but the AA way and as I travel in his footsteps I'll do my best to do the same.

Luther Brock Sr.

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

One Member's Story – Steve H.

Who Are You? "I'm Steve Hill and I was a great kid who lost my way to alcohol and other addictions. Then I found my way back to being a great kid again, at an older age." Steve was born in Chicago and grew-up on a large farm outside of the city. Steve's mother was a "Stay-at-home Mom" and his father worked in Chicago at Sears. "My Dad helped to open-up new Sears stores around the country, and opened-up the first Sears store in San Jose at Meridian and San Carlos, which is now the site of the Midtown Safeway." Steve spent time on the family farm in Northern Illinois and often worked during the Summer at a resort his family owned in the North woods of Minnesota. His family moved to San Jose in 1957, and he has lived here ever since. However, he often travels in the Summer back to help-out on the farm in Northern Illinois and the resort in Northern Minnesota.

When Did You Have Your First Drink? "I got mixed-up with alcohol early on. At age 12, I got thrown out of the Boy Scouts. We were camping at a campground at the Pinnacles National Park. I provided the alcohol and several of the boys got drunk. They ended-up going to the hospital to get their stomachs pumped." Steve noted that he started drinking much earlier than age 12..."that beer was available to the farm workers."

How Did You Find Out About AA "The first time was when I was 18, and I was staying in Minnesota. I believe it was back in 1967. I got carried away while visiting some Native American friends on their reservation. I got them drunk and stoned." "When Steve's parents heard about it, they sent him to the Hazelden Treatment Center in Minnesota. "I was too young and hard-headed. I felt that my Native American friends and I had just gotten carried away!" In 1973, Steve was sentenced to the correctional center at Vacaville for observation. He volunteered for an experimental program that the state penal system was using to help prisoners recover from their various addictions. The program involved a move to the California Rehabilitation Center at Corona (CRC). The rehab treatment staff used various programs, not all were A.A. "I had become more of a periodic drinker; more than a periodic offender, more than a periodic everything. I had been given a 15-year sentence; but if I volunteered for the CRC program they would set my sentence aside and give me a seven-year parole." The clincher was that, "if I did anything wrong I would have to go back to prison and serve time for nine--years and nine months. Having a dirty drug test was just one of the many offenses that would send me back to prison." Steve noted that 93 % of prisoners who accept that deal never achieve the goal. "That's not counting those who died while on parole. By my mid-40's I had been in and out of prison, jails, and hospitals due to my addictions. I lost jobs and relationships and everything precious."

How did you find out about the ALANO Club of San Jose? "I knew about A.A. from the various programs which I had tried. I also had friends who came to A.A. and it had changed their life. On Dec. 27, 1995 I was in the hospital, and was in a coma for 13 days, until Jan. 9, 1996. I was beaten, I had nothing left! I had made a promise to my family, my daughters, my doctors, and my friends - that I would do whatever they asked me to do to change my life. I was immediately placed in a Chemical Dependency Recovery Program (CDRP) for two years. After 45 days I had completed Phase One, and I was required to move into a clean and sober living environment. I liked the program so well that I stayed with it for seven years, moving into various roles in management in the Transitional Living Center (TLC) at various SF Bay area locations. At that time the TLC was down the street from the ALANO Club of San Jose. This was back in 1996. During my first seven years of sobriety I was active with the ALANO Club."

What Is Your Life Like Now? "I sponsor people. I am working with four people at this time. I meet with each one weekly. There are other people whom I have sponsored that are low maintenance sponsees. We have become friends. I have served two terms on the Board of Directors and I'm presently the chairperson for the Fair Avenue Fellowship and Secretary Coordinator for the 32 meetings that we have each week here at the ALANO Club. I try to keep all meeting going despite changing secretaries." Steve is a retired painter and has done lots of painting for the club. He also feeds the cats each morning. "This is my retirement, my church, my volunteer program, and it's my life!"

What Is Your Advice for the Newcomer? 1. "Keep coming back. 2. Work the Steps. 3. Be a part of the Fellowship. 4- Get involved with the Club. 5. Reach-out and accept the help that's available. 6. Help other newcomers to feel welcome." Steve concluded the interview by saying, "I encourage new people to share at meeting level."

--- Submitted by BillM.

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) |
| | | | |
| | | | |
| | | | |
| AA Medicine Crow Talking Circle | | Cocaine Anonymous (CA) | |
| Sat | 12:00 pm | Sat | 8:00 pm |
| Crystal Meth Anonymous (CMA) | | Al-Anon | |
| | | Mon | 8:00 pm |
| | | Tue | 12:00 pm |
| | | | |
| Cross Addiction | | Co-Dependents Anonymous | |
| | | Wed | 6:30 pm |
| | | Sun | 5:00 pm |

**New 2016 Board members were elected into office on
December 6th 2015**

Thank you all who attended.

Officer elections will be held January 7th. 2016 at the next board meeting.

There is still one position open if you are interested in being on the board please attend the next board meeting.

Please support our Club Advertisers!

Joseph Bennett
General Manager



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