

January 2016

**Board of Directors**

Steve Holloway – Vice President  
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 Anthony Purnell  
 Jerry Huntley  
 Joey Martinez  
 Luther Brock  
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 (Vacant)  
 (Vacant)

**Alano Club Staff**

Tony Baron - Manager  
 Anthony Martinez -Asst. Mgr.  
 Angela Young  
 Cassandra Warren  
 Madelyn Gonzalez  
 Maria Garcia  
 Regina Palacios  
 Tammy Aguirre  
 Terri Weeman  
 Rudy Ortega – Bld. Services

**Alano Club of San Jose  
 Board of Directors Meeting**  
 February 4th at 6:00 pm  
 Members Welcome

**Fair Avenue Fellowship  
 Steering Committee  
 Meeting**  
 February 11th 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](http://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	Years
Anthony P	02/01/1988	28	Norman Q	02/01/1994	22
Tresa E	02/01/2014	2	Hank B	02/02/1988	28
Lawra C	02/02/1997	19	Andy S	02/05/1987	29
Sue E	02/07/2009	7	Robert M	02/07/2014	2
Luther B	02/09/1990	26	Gary B	02/09/2006	10
Sue W	02/09/2007	9	David E	02/10/1998	18
David C	02/10/2013	3	Richard Z	02/11/1986	30
Loyd L	02/13/2014	2	Matt H	02/13/2014	2
Kathy R	02/14/1990	26	Bud N	02/14/2009	7
Jerry V	02/15/1991	25	Walter M	02/16/2004	12
Jack S	02/17/1988	28	Steve H	02/17/2011	5
Rigo J	02/18/1987	29	Carroll P	02/19/1994	22
Lupe Z	02/19/2012	4	Zenaida M	02/19/2013	3
Horace C	02/21/1995	21	Curtis H	02/23/1988	28
Thompson S	02/23/1999	17	Jose C	02/23/2003	13
Cora S	02/24/1987	29	Dee B	02/25/2015	1

## Member of the Month – Regina Palacios

Regina is a valuable employee and a great asset to the Alano club. She has dedicated herself to being a board member since 2009 and helped to organize many events over the years. Her dedication is greatly appreciated. Thank You Regina.

## Quote from “Keep It Simple”

Giving up alcohol or other drugs is just the start. Even if we give up chemicals, can we be happy if we have our old life back in every other way? We have to do more. We have to see how our illness has changed us. To do this, we turn to the steps. Our program teaches us to become new persons. We will change. And the changes will make us happy. That’s the best part of recovery – change.

## Activities & More at the Alano Club of San Jose

### **Alano Club of San Jose Super Bowl Party** Sunday February 7<sup>th</sup> 2016



Menu:

- Nacho's
- Nacho fry's
- Hot link
- Chili cheese dog
- Jalapeno poppers



### **Valentines Bake Sale**



February 13 from 9:30am to 2:00pm

Stop by and see the wonderful goodies we have

We would appreciate any donated goodies please have them to us by the 12th



### **Valentine's Day Dance**

Sunday February 14<sup>th</sup> 8pm-10pm



Free admission  
Raffle Prizes

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

### ***One Member's Story – Terisa M.***

**Who Are You** - My name is Terisa Martinez and I am an alcoholic. I come from a broken family with a lot of drugs alcohol and violence. I grew up in Oregon and moved to California when I was 11 with my mom and my two younger brothers. I left home at the age of 13 to go live in a group home in Mountain View. During that stay I met some of the local kids and left the group home to go stay with one of the friends I had made there in Mountain View. To make a long story short I ended up getting together with one of the boys I met and moved in with him at the age of 14. He and I were together until I turned 29. We had a wonderful little boy together. On December 16 2008 I totaled our car and got a DUI. That was the end of our relationship and soon to be my journey to sobriety.

**When Did You Have Your First Drink** - Honestly I can't say when I had my first drink. My mom used to give us kids wine coolers to get us to go to sleep. I also partied as a teenager and drank. However, I do remember my first drink that started my alcoholic journey. I had just given birth to my new son and was now 21 living in a big house all alone during the week. I went and bought some Bacardi Gold - that was the start. I was in love with the feeling and it would take 8 years of my life away from me.

**When Did You Have Your Last Drink** – Well it took me a little bit after my DUI to decide I finally had enough. I was living in a horrible hotel by myself when I finally threw my hand up and said enough is enough. That day was January 7<sup>th</sup> 2009. I have not had a drink since and will do what it takes to continue my sobriety until my last breath.

**How Did You Find Out About AA** – I had a run in with the law and was court ordered to attend two AA meeting. That was not enough to stop my drinking though, although this did allow me to realize I was not alone and that there are others who have the same struggle with emotions and alcoholism.

**How did you find out about the ALANO Club of San Jose** – After my DUI I jumped around from friends to hotels. While I was staying with one of my friends she told me I needed to go to AA meetings so I called the hotline and they told me about the Alano Club. I do not remember what day of the week it was but I do remember I went to a noon meeting. I got there and had no idea where I was supposed to go but there was a gentleman (Ricky L.) in the front that I had asked where the meeting was, at that moment a woman (Kristen D.) walking in with her daughter. Ricky L. told me, “Just follow her.” Kristen showed me where to go and that was my first AA meeting at the Alano Club.

**What Is Your Life Like Now** – My life now is amazing. I have 7 years of sobriety and couldn't be more proud of myself. There have been many struggles in my life in the past 7 years but there have also been many blessings. I met the man of my dreams at the Alano Club who I am proud to call my husband (Kiki M.). We brought a handsome son into this world who has and will never see either of us drunk. I now have my first son living with me at home. I also got the pleasure of becoming a step mom to the most beautiful daughter. My family now have our own apartment to call home. Both my husband and I have our driver's license and we own our own car. These are the gifts we get to receive once we got sober and changed our way of living. The best gift I've received in sobriety is getting to be an example for the new comers as the old timers were for me.

**What Is Your Advice for the Newcomer** – Get a sponsor, work the 12 steps, attend meeting regularly, and build a network of sober friends. Make sure to pick up the phone and call someone for help when you need.

## The Alano Club of San Jose – 12 Step Meetings

<b>Alcoholics Anonymous</b>		<b>Narcotics Anonymous</b>	
Daily	9:00 am, 12:00 pm	Mon & Tue	6:30 pm
Mon- Fri	4:00 pm	Tue	8:00 pm <b>(Book Study)</b>
Mon-Thu	6:00 pm	Tue	8:00 pm <b>(Spanish)</b>
Mon	8:00 pm <b>(Tagalog)</b>	Fri	6:00 pm <b>(Women)</b>
Sat	6:00 pm <b>(Newcomers Q &amp; A's)</b>	Fri	8:00 pm
Tue	9:30 pm <b>(Men)</b>	Sat	8:00 pm <b>(Speaker)</b>
Fri	6:30 pm <b>(Speaker)</b>	Sat & Sun	10:00 am
Sat	10:00 am <b>(Men)</b>	Sun	10:00 am <b>(Spanish)</b>
Sun	3:00 pm <b>(Women)</b> , 5:00 pm <b>(Men)</b>	Sun	6:30 pm <b>(Speaker)</b>
	7:30 pm <b>(Spanish)</b>	Sun	7:30 pm <b>(Spanish)</b>
<b>AA Medicine Crow Talking Circle</b>		<b>Cocaine Anonymous (CA)</b>	
Sat	12:00 pm	Sat	8:00 pm
<b>Co-Dependents Anonymous</b>		<b>Al-Anon</b>	
Wed	6:30 pm	Mon	8:00 pm
Sun	5:00 pm	Tue	12:00 pm

**Board Members were elected last December**

**Thanks to all who participated.**

**Board Officers will be elected at the next board meeting  
February 4<sup>th</sup> 2016.**

Two board positions are still 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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