

March 2016

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

Alano Club of San Jose
Board of Directors Meeting
March 3rd at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
March 10th 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
David W	03/03/1988	28	Phil L	03/03/2004	12
Rod C	03/03/2004	12	Denise G	03/04/2003	13
Joe B	03/06/1983	33	Andy L	03/06/1989	27
John K	03/06/1993	23	Tonalea T	03/08/2015	1
Juan G	03/10/2006	10	Francine F	03/11/1984	32
Esequiel Z	03/15/1994	22	Socrates H	03/15/2015	1
Bruce B	03/16/1991	25	Carlos L	03/18/2007	9
Carolyn S	03/19/1977	39	Jacob S	03/19/2013	3
Bry-Bear G	03/20/1997	19	Royce F	03/25/1989	27
Putz	03/25/2012	4	Dennis F	03/27/1985	31
Jerome A	03/27/2004	12	Mike A	03/28/1992	24
Regina P	03/28/2003	13	Chris E	03/28/2011	5
Kevin A	03/30/2004	12			

Member of the Month – Mike Austin

Mike has been a valued member of the Alano club for many years. He also dedicated many years of service as a board member. The Alano club would like to thank him for his commitment to helping with events and over all service.

Quote from “As Bill Sees It”

“Essence of Growth”

Let us never fear needed change. Certainly we have to discriminate between changes for worse and changes for better. But once a need becomes clearly apparent in an individual, in a group, or in A.A. as a whole, it has long since been found out that we cannot stand still and look the other way.

The essence of all growth is a willingness to change for the better then an unremitting willingness to shoulder whatever responsibility that entails.

Activities & More at the Alano Club of San Jose

The 8th Annual "Alano Recovery Walkathon" **Stand Up For Your Recovery!**

May 14, 2016
Registration at 8 AM
Walk at 9 AM



Alano Club of San Jose
1122 Fair Ave, San Jose CA

Not Walking?
Why not sponsor
someone?



Registration packets at the Club Café counter
Questions, call Regina at 408-297-1794

In Honor Of Our Veterans & Those Serving Our Country **Memorial Day BBQ Fundraiser**

Monday, May 30th 2016
1:00 pm – 5:00 pm
Join Us in the Serenity Garden!

\$12 Members and \$15 Non-Members

Includes:
BBQ Ribs, Chicken, & Hot Links
Potato Salad, Baked Beans, and Fruit
Beverage



30th Annual "Alano Club Golf Classic" 2016

Our Largest Event of the Year!

May 22nd 2016
9 AM Check In – 10 AM Begins
Steak Dinner & Awards at Alano Club
\$100 Entry Fee



Los Lagos Golf Course
2995 Tuers Road
San Jose, CA 95121

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

One Member's Story – Madelyn G.

Who Are You?

My name is Madelyn Gonzalez and I am an alcoholic. I grew up on the East Coast in Key Port, N.J. My parents got married right after my Mom graduated from high school. My mother had grown up in Porta Rica and my father was a Cuban Refugee gangster. My parents had two children, myself and my older brother.

My childhood years were spent moving from place to place. First we lived in Florida and then Arizona. In 1990 my mother brought us to live here in San Jose with my grandmother. As a young adult I started to try and find out who I was. I went to Mt. Pleasant High School and tried fitting in with others and had no success. So after high school I got married to another alcoholic and for 11 years we tried to function normally.

When Did You Have Your First Drink?

My first drink was almost 11 years ago right after I had my 2nd son. I was a stay-at-home mom and had lots of free time my hands. At first I started drinking just at night to be able to sleep. But, before I knew it I had left both of my boys behind in the care of my mother.

When Did You Have Your Last Drink?

My last drink was December 27, 2015. After many failed attempts, 3 to be exact, I know now that fear was the reason I was afraid to be 100 percent honest with myself.

How Did You Find Out About AA?

I found AA 10 years ago on a court card. I was ordered to attend 2 AA meetings per week, and had to enter a treatment program, I really had no idea what was going on nor did I care, or so I thought. Somewhere along the way God began doing for me what I couldn't do for myself. I truly feel that the seed of recovery was planted during this time.

How did you find out about the ALANO Club of San Jose?

I found out about the Alano Club from my treatment counselor who recommended I do women's meeting on Wednesdays and Sundays.

Last year when I finally was tired of being sick and tired I remember the meeting I had gone too. I came back to the Alano Club in March of this year and haven't left since, even despite the slips.

What Is Your Life Like Now?

My life today is by far not perfect. I work hard every day to do the next right thing. I am one hundred percent honest with myself and others. I work the 12 steps of Alcoholics Anonymous to the best of my ability. I no longer live in fear. I can now say that I'm taking all the best steps in the right direction for myself and my son. Some days may not be perfect. I don't count my days. I just make sure every day counts!

What Is Your Advice for the Newcomer?

To my fellow new comers: Get in touch with your higher power! Go to meetings! Build a network of friends in recovery! Get a sponsor that you can trust! Work all of the 12 steps of AA!

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)	Fri	6:00 pm (Women)
Sat	6:00 pm (Newcomers Q & A's)	Fri	8:00 pm
Tue	9:30 pm (Men)	Sat	8:00 pm (Speaker)
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)
AA Medicine Crow Talking Circle		Cocaine Anonymous (CA)	
	12:00 pm	Sat	8:00 pm
Co-Dependents Anonymous		Al-Anon	
Wed	6:30 pm	Mon	8:00 pm
Sun	5:00 pm	Tue	12:00 pm

Interested in becoming a board member?

There is still one position open.

Please attend the next board meeting March 3rd at 6pm to find out details on position requirements and responsibility's.

Please support our Club Advertisers!

Joseph Bennett
General Manager

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www.alanosj.org