

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.

Board of Directors

Steve Holloway - President
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Tony Baron
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 Anthony Martinez
 Angela Young
 Tammy Aguirre
 Aaron Buchanan
 Terri Weeman
 Madelyn Gonzalez

Sobriety Milestones

Name	Milestone	Years	Name	Milestone	Year
Sonny P	06/01/1984	32	Michael W	06/02/1985	31
Patricio I	06/02/2000	16	Cruz M	06/02/2007	9
Steve L	06/05/2015	1	Doninic G	06/06/2009	7
Randy W	06/06/2013	3	Dennis S	06/10/1989	27
Lori S	06/10/2015	1	Joey M	06/11/2007	9
Nina S	06/11/2013	3	Jeff S	06/13/1991	25
Tonya C	06/14/2007	9	Ronald C	06/15/1981	35
Manuel T	06/15/1992	24	Tee B	06/20/2014	2
Marcie M	06/22/1991	25	Rick P	06/22/2015	1
Arnold C	06/25/2000	16	Eric K	06/25/2015	1
Garry B	06/28/1990	26			

Member of the Month – Mingo H.

Mingo has been a valued member of the Alano club for many years. He also dedicated 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.

Volunteer Needed: The Alano Club of San Jose is looking for someone to take over the maintenance of the Alano Club of SJ website and alanosj.org email addresses.



Alano Club of San Jose
Board of Directors Meeting
June 2nd at 6:00 pm
 Members Welcome

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

Contents:

Milestones & Member of the Month	1
Activities and More	2
Why am I a Member	3
12 Step Meeting Schedule	4
Our Club Advertisers	5

Activities & More at the Alano Club of San Jose

Thanks to all of you who Participated in Our May Events



The Golf Tournament

The Recovery Walk



Lip Sync Battle At The Alano Club????

OH WE THINK SO!!!

Date: TBD

An Awesome Evening to Be Had



Please Start Practicing

The 1st Annual Softball Tournament Battle of the Alano Clubs - ACSJ vs ACW

Saturday, June 11th 2016
Columbus Park
(Taylor & Irene Streets)



All Our Welcome
Please Come and Support our 1st Tournament

Straight Talk – From A Member of Recovery

My name is Jeanne Wiens and I am an alcoholic. I grew up in an alcoholic home. I was raised by my mother and step dad. I was scared of him as a child. He was verbally abusive to my mom. Each parent had 4 children however my little brother and I were basically left home as the other kids were older than us and couldn't wait to get out of the house. I was taught that at 18 I needed to move out on my own but I wasn't taught any life skills. My solution was to get married and that marriage lasted 6 months. I raised 4 children as a single parent. They are all adults now.

I took my first drink at 14. I had a friend sleep over and she brought beer. We drank and hid the empty cans under my bed. My mother found them and I was forbidden to see her anymore. My next drink came around 17. My friends and I were in the Los Gatos mountains and we drank strawberry wine, I didn't get sick but I did fall face first on the side of a mountain. I had my first encounter with the police that night. I didn't get arrested though.

My last drink was July 9, 2013. My daughter was struggling and I wanted to help her - yet I hid in my room for two nights drinking while she was suffering on my couch. The second night, half way through my second beer I had my first spiritual experience. I saw how I was being dishonest by sneaking off to drink while my baby was suffering. That was July 9th.

I found out about AA through my daughter. We tried to get her into rehab but there weren't any open beds, so she went to her first AA meeting. She took her mom to her second meeting!

We found the Alano club through a friend of hers. He had been there about 10 years earlier. As soon as we got to the Cup of Coffee Meeting and I heard the laughter, I knew I was on to something. Then I heard the promises. I just love to go to the club! Finally, I feel right at home.

My life now: Wow, how much time do we have? Seriously I am thrilled to be alive and sober. I have great relationships with my children. I get to babysit my grandchildren. I have a job that I love, and I am learning who I was meant to be all along. My Higher Power has shown me how to love myself and care for myself.

My advice for the newcomer: We already love you. You don't have to be alone anymore. Get to as many meetings as you can. Try to listen; you might hear something familiar. Take suggestions. Get ready for a life beyond what you can imagine.

Recovery from addiction as discussed on <http://www.recovery.org>, suggests:

- *Realize that you have a problem with alcohol or drugs and that you need to make a change.*
- *Figure out what kind of rehab program is right for you: inpatient, outpatient or 12-Step.*
- *Get support from friends, family and other people in recovery.*
- *Maintain your sobriety by controlling triggers and cravings and participating in an aftercare program.*
- *Start to build a new life by finding new hobbies, volunteering and setting life goals.*
- *Don't get discouraged if you relapse and make a plan to get your recovery back on track.*

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

Help Wanted

We started a project of refinishing the counter and putting pictures under the protective finish. Do we have anybody with the time and willingness to finish a Club enhancing project?

A team to put down cold patch asphalt in the parking lot, and put down a Slurry coat over the new work

Maintenance on the Swamp Coolers for the summer.

Please support our Club Advertisers!



Joseph Bennett
General Manager

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