

The Alano Club of San Jose News

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www.alanosj.org

January 2017

Board of Directors

Laura Martin - President
 Penny Johnson - VP
 Sue Erskin - Secretary
 Jerry Huntley
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 Luther Brock
 Mark Buchanan
 Tonalea Torres
 Tony Purnell

Alano Club Staff

Tony Baron - Manager
 Anthony Martinez - Ast.Mgr.
 Angela Young
 Madelyn Gonzalez
 Maria Garcia
 Regina Palacios
 Tammy Aguirre
 Terri Weeman
 Patrico Lomas

Alano Club of San Jose
Board of Directors Meeting
January 5th at 6:00 pm
 Members Welcome

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

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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-eight years

Sobriety Milestones

Name	Milestone	Years	Name	Milestone	Years
Jody K	01/01/1983	34	William L	01/01/1989	28
Owen S	01/01/1991	26	Elsie K	01/01/1994	23
Kris B	01/01/2013	4	Fred R	01/01/2016	1
Juan A	01/05/1982	35	Sherri R	01/06/2004	13
Lionel O	01/07/2004	13	Terisa M	01/07/2009	8
Louie R	01/08/1991	26	Michael S	01/10/2011	6
Leslie D	01/11/2016	1	Josephine B	01/12/1988	29
Audrey G	01/13/1972	45	Adela G	01/14/2016	1
Dan O	01/15/1973	44	Rudy B	01/16/2010	7
Tony M	01/17/2014	3	George P	01/18/1990	27
Kelly B	01/22/2009	8	Jim J	01/22/2014	3
Shelly L	01/24/2003	14	Terry S	01/24/2013	4
Christine O	01/29/2015	2			

Members of the Month – Sue E. and Jim J.

Sue has served as Board Member and as Board Secretary for more than one term and has been instrumental in the success of many events. Sue has always lent a helping hand when the Alano Club had a need. Jim has been in service as a Meeting Secretary for the Fair Avenue Fellowship and successfully took charge of getting toys for the December Toys for Tots event

Alano Club Annual Meeting – Election Results

The full board of seven members were elected to the Alano Club Board of Directors at the December 11th Annual All Members Meeting.

One Year Term

Bill L.
 Joey M.
 Peggy M.

Two Year Term

Laura M.
 Mark B.
 Penny J.
 Tammy A.

Activities & More at the Alano Club of San Jose

Super Bowl Party

Sunday, February 5th 2017

Kickoff at 2:30 PM

Come fellowship and watch the game in the Café
See you there!

Valentine's Day & Eve

Monday & Tuesday

February 13th and 14th 2017

Baked Treats, Balloons, Flowers, Candy, Gifts

St. Patrick's Day Dinner

Friday, March 17th

Traditional Irish Dinner – Corned Beef and Cabbage

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)	Thurs	6:00pm (women)
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:pm	Sat	8:00 pm
Co-Dependents Anonymous		Al-Anon	
Sun	5:00 pm	Mon	8:00 pm
		Tue	12:00 pm

Help Wanted

Newsletter Publications Committee

We are working with two club members who have agreed to become Co-Editors. We need Artists, Photographers, and Writers who will meet at least two times monthly to prepare the next month's issue of our newsletter. Bad Spelling is Okay!

Please stop by and talk with Tony Baron. Training provided.

Stories Wanted

Do you know a dues-paying member of the ALANO CLUB who has had an interesting 12 Step story? Encourage them to share their Recovery Story in Print. Please leave Your Name and Number for Tony or Kiki at Snack Bar.

Please support our Club Advertisers!

Joseph Bennett
General Manager

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If you are licensed and bonded with a Trade, and or run your own Business,
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Your Business Card will also be placed on the Alano Club website.
We continue to support your business!
www.alanosj.org

Reframing Your Goals

New Year Resolutions or Reframing Your Goals
by William E. McBride - Co-Editor

We Americans are funny people. Some of us here on the West Coast may have had ancestors who traveled hundreds of miles across the country in buggies pulled by horses. Many people during the mid-1800's came by horseback. Problems abounded, ranging from attacks by the original settlers to scorching Summers and Frigid Winters. In fact, one group faced such dire circumstances that they resorted to cannibalism during a freezing Winter.

So, it makes sense that women and men of our day want to do all sorts of projects as we live in the "Do It Yourself" home-improvement era. Lowes, OSH, and the Home Depot are favorite stores for a lot of people.

As the New Year takes form many of us resolve to lose weight; to communicate more often with friends and family; read good books to help strengthen our Faith and our Spirituality.

And it seems that we have just barely settled into our new year when February and March show-up. The more compulsive of us take out our list of New Year's Resolutions and after a few minutes decide that another list of resolutions might as well "bite the dust."

What might happen if we take away some of the pressure and called these "self-help challenges" annual goals. If I want to increase the time I spend reading inspirational books or literature, when I start off with a tiny, but achievable goal, I'm much more likely to achieve that goal. Now I can say "My intention is to spend five minutes each day reading the Big Book. After one month of some success you modify that goal by adding a few more minutes to your daily reading time. Remember the statement from the *AA Promises*, "Sometimes quickly, sometimes slowly – they will always materialize if we work for them."

By Reframing and Reaffirming our Goals every few months we can become more Centered, more Focused, and more Successful at becoming better people and better members of our Twelve Step groups.