

A Monthly Publication
 Published by:
 Alano Club of San Jose, Inc.

June 2017

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Alano Club of San Jose
Board of Directors Meeting
June 1 at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
July 13, at 6:00 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-eight years

Sobriety Milestones

Name	Milestone	Years	Name	Milestone	Years
Sonny P	06/01/1984	33	Cruz M	06/02/2007	10
Randy W	06/06/2013	4	Scott C	06/06/2015	2
Dennis S	06/10/1989	28	Lori S	06/10/2015	2
Joey M	06/11/2007	10	Nina S	06/11/2013	4
Jeff S	06/13/1991	26	Tonya C	06/14/2007	10
Manuel T	06/15/1992	25	Tee B	06/20/2014	3
Marcie M	06/22/1991	26	Rick P	06/22/2015	2
Arnold C	06/25/2000	17	Eric K	06/25/2015	2
Garry B	06/28/1990	27	Bob D	06/30/2016	1

Member of the Month – Henery (Chili) Chilowizz

The Board has nominated Henery (Chili) Chilowizz, “Our Tattoo Man” for the June Member of the Month. “Chili” was chosen because whenever he had seen a need here at the Club, he jumped-in and filled-it, without hesitation.

Chili was selected because of his great attitude and his willingness to do the “Non Glamorous” jobs such as sweeping the floor in the main meeting room, unstopping toilet stools, plus making certain that the bathrooms have tissue paper at all times.

At daytime meetings Chili has also filled-in for various secretaries who were unable to attend their meeting.

What I Love About the ALANO Club

- **“The Food.”** -- Rudy R.
- **“The Knockout Punches.”** -- Anon.
- **“The Honesty, Laughter, and Realness.”** -- Ron N.
- **“The Love!”** -- Anon.
- **“The People.”** -- Nick P.

In Memory of Hank Coca

A dear friend, as was his brother Rudy, and is his son Henry. His sobriety date was October 24, 1978, I was gifted 38 years of friendship from Hank and so were many, many others.

Hank was always very helpful with our yearly Golf Classic, and is one of the reasons it has been a success for the last 31 years. Hank was a Club member, Hank was a giver, not a taker.

A loyal member of the Think Tank Men's AA Meeting, he would always have trouble finding a parking space and have trouble making it up the stairs near the end. Trouble hearing, but, he always got the message, when he wasn't giving it. A dear friend, I will miss him always.

Tony Baron

From one of our 1999 Newsletter - Author Unknown:

Watch your thoughts, They become your words.

Watch your words, They become your actions.

Watch your actions, They become your habits.

Watch your habits, They become your character.

Watch your character, It becomes your DESTINY

Activities & More at the Alano Club of San Jose

Alano Club of San Jose Invites you to the
“Bike Run – Fundraiser & BBQ”

June 10th, 2017

Form up at the Alano Club

Joey Martinez 408-561-6274

Any Lengths NA Home Group

Fundraiser Marathon Meeting

For 2017 Speaker Jam

July 1st

Held at the Alano Club of San Jose

<u>Time</u>	<u>Topic</u>	<u>Speakers</u>
12-1:15	Longevity	Richardo H. & Frank G.
1:30-2:30	Couples in Recovery	Steve M. & Vickie M.
2:45-4:00	Grief	Marlene R. & Margie L.
4:15-5:30	Sponsorship	Frank C. & Danny M.
6:00-7:15	Spirituality	Kenny L. & Darryl P.
8:00-9:00	Open Meeting	Buzz S.

Come hear some great messages and help fund
 The 2017 Speaker Jam later this year.

Hope to see you all there.

Annual Alano Club of San Jose Golf Classic

This is the clubs **BIGGEST FUNDRAISING EVENT** of the year
& the club needs your support to keep the doors open

Pick Your Club & Come Out Swinging



June 11, 2017 9:30 Check-in 10:30 1st Tee time

Net proceeds directly benefit The Alano Club of San Jose, Inc. The Alano Club is a non-profit 12 Step Meeting Hall/ Social Club who's soul purpose is to provide a safe, friendly environment to support men & women in recovery

For more information call
Tony B. 408-297-1878

31st Annual Alano Club Golf Classic 2017

What you get:

\$100 entry fee covers:	18 Holes of Golf
	An Electrical Golf Cart
	Rib Eye Steak Dinner
	Fabulous Prizes

Tournament Sponsor: \$200

Tee or Hole Sponsor: \$50



It's a small investment in your clubs future & it's all about the fellowship.

**Donate your time & treasury for the good of all who rely on
The Alano Club of San Jose for recovery**

Official Registration Form:

Your Name: _____ Telephone: _____

Mailing Address: _____ City: _____ Zip: _____

Email Address: _____

NCGA # _____ (If you don't have one then enter your average score for pairings: _____)
* * You will be in the Calloway Flight if you do not have a NCGA #

Who would you like in your group? _____

(This is of course contingent on early entry fees for your group. 1st come 1st timers!!!)

Entry Fee \$ _____ Optional: Tee Sponsor \$ _____ Tournament Sponsor \$ _____

Entry forms may be mailed or hand delivered to:
The Alano Club of San Jose
1122 Fair Avenue
San Jose, CA 95122



THE ALANO CLUB - KICK OFF THE SUMMER



DANCE !!!!

Where: The Alano Club of San Jose - 1122 Fair Avenue

When: JULY 1ST 2017 @ 9:15pm



There will be Great music by Still Bizy Productions!



Awesome Raffle prizes, 50/50 Raffle,

There will be extra food booths to choose from.



WE ARE SUPER EXCITED!



Programs can get in for FREE! Regular Admission is \$5.00
Starting June 1st, Advance tickets will be available for \$4.00



Come and help us bring excitement back to the club.



The Alano Club of San Jose – 12 Step Meetings

Alcoholics Anonymous		Narcotics Anonymous	
Sat & Sun	8:30 am	Sat & Sun	10:00 am
Mon-Fri	9:00 am	Sun	10:00 am (Spanish)
Sat	10:00 am (Men)	Thu & Fri	6:00 pm (Women)
Daily	12:00 pm	Sun	6:30 pm (Speaker)
Sun	1:30 pm (Women)	Mon & Tue	6:30 pm
Mon-Fri	4:00 pm	Sun	7:30 pm (Spanish)
Sun	5:00 pm (Men)	Tue	8:00 pm (Spanish)
Mon-Thu, Sun	6:00 pm	Tue	8:00 pm (Book Study)
Sat	6:00 pm (Newcomers Q&A's)	Fri	8:00 pm
Tue	6:00 pm Veterans Meeting	Sat	8:00 pm (Speaker)
Fri	6:30 pm (Speaker)		
Mon-Fri	7:30 pm (Spanish)		
Mon	8:00 pm (Tagalong)		
Tues	9:30 pm (Men)		
A Medicine Crow Talking Circle		Cocaine Anonymous (CA)	
Sat	12:00 pm	Sat	8:00 pm
Co-Dependents Anonymous		Al-Anon	
Sun	5:00 pm	Mon	8:00 pm
Wed	6:30 pm	Tue	12:00 pm

Tips for a Better Night's Sleep

Editor's Note: I'm not a Scientist, Medicine Man, Psychologist or Medical Doctor – however I do know that many people get their sleep cycle messed-up each year during the Spring and Fall when Daylight Savings Time begins or ends. My own Sleep Cycle has been totally whacked-out since the start of 2017. I ran across these ideas recently; and although they don't deal with the Twelve Steps, or Alcohol or Addictions – they just might help some of us who have frequent Sleep Problems. Plus they're a lot healthier for us than "Nyquill ". — Bill McBride – Newsletter Editor.

- *“Soak up the Early Morning Sun.*
- *“Keep the same schedule every day.*
- *“Exercise Regularly.*
- *“Nap Smart.” (Research the proper ways to Nap.)*
- *“Wake-up Earlier.*
- *“Avoid Alcoholic Beverages Before Bedtime.*
- *“Cut-out the Late Day Caffeine.*
- *“Don't starve,” and “Don't Stuff Yourself.”*
- *“A bigger bed for Better Sleep.*
- *“Ban Cell Phones from Bed*
- *“Take a Warm Bath.”*

(PLEASE NOTE: This information was gathered from a company Which manufactures a sleep aid OTC product called **“SomaPure”**.)

Please Support Your Club Advertisers!



A&H Heating and Air



Hank Coca's Downtown Furniture



Montana Silver 796



Sharkey Law



HazMat

If you are licensed and bonded with a Trade, and or run your own Business, we welcome you to advertise with The Alano Club of San Jose, Inc. Your Business Card will also be placed on the Alano Club website. We continue to support your business!

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