

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

January 2018

Board of Directors

Laura Martin - President
 Mark Buchanan VP
 Penny Johnson - Secretary
 Tammy Aguirre
 Mike Austin
 Joey Martinez
 Ernie Orta

Alano Club Staff

Tony Baron - Manager
 Anthony Martinez – Ast.Mgr.
 Angela Young
 Maria Garcia
 Regina Palacios
 Tammy Aguirre
 Terri Weeman
 Tinamarie Savala
 Nick Ayala

Alano Club of San Jose
Board of Directors Meeting
 January 4, at 6:00 pm
 February 1, at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
 January 11, at 6:00 pm
 All Are Welcome

Contents:

Milestones	1
Member of the Month	1
Why I am a Member	2
Upcoming Events	3
Meeting Schedule	4
Our Club Advertisers	5

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-eight years.

Sobriety Milestones

Name	Milestone	Years	Name	Milestone	Years
Jody K	01/01/1983	35	William L	01/01/1989	29
Elsie K	01/01/1994	24	Kris B	01/01/2013	5
Ted R	01/01/2016	2	Cheryl L	01/01/2016	2
Juan A	01/05/1982	36	Cheryl R	01/05/2017	1
Sherri R	01/06/2004	14	Lionel O	01/07/2004	14
Terisa M	01/07/2009	9	Louie R	01/08/1991	27
Amarildo S	01/09/2017	1	Michael S	01/10/2011	7
Josephine B	01/12/1988	30	Monica M	01/12/2017	1
Audrey	01/13/1972	46	Adela G	01/14/2016	2
Dan O	01/15/1973	45	Jimmy W	01/15/1989	29
Rudy B	01/16/2010	8	Jim J	01/18/2014	4
Christine S	01/19/2017	1	Richard K	01/20/2005	13
Kelly B	01/22/2009	9	Hector P	01/23/2013	5
Shelly L	01/24/2003	15	John L	01/31/1998	20
Jeanne D	01/31/2016	2			

Member of the Month

At the December 7th meeting of the Board of Directors, Rafael V. was named “Member of the Month” for his recent work with a few other Recovery Friends in installing a HDTV Antenna on the roof of the building. “Kiki” Martinez, Assistant Club Manager said, “By installing the new antenna, Rafael and his friends have enabled the Alano Club to continue to receive television programming, but without having the expense of paying for Cable TV.. We want you to know how much we appreciate all of you and all of your hard work.”

Why I Am a Member - Sue W.

Tell Us, "Who Are You?"

My name is Sue Whiteside. I grew up in San Jose, and my sobriety date is February 9, 2007. I am a Mom of twin boys who are now 18 years old. They are the loves of my life

Susan, at what age were you when you had your First Drink or used your first Addictive Substance? Please tell us about that situation, and how your mind convinced you to just give it a try:

I had my first drink my freshman year of college after moving into the dorms at Santa Clara University. I remember my first drink, and not much after. I was a blackout drinker from the start.

When Did You Have Your Last Drink, or Your Last Drug?

I had my last drink on February 8, 2007 while out to dinner with my boys.

How did you find out about AA or your own Twelve Step Program?

I was court-ordered to a twelve step program by Family Court Services.

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

I learned about the Alano Club through my sponsor while new in recovery. Early on, I may not have liked things that my sponsor suggested, but today I am glad that I just followed her direction.

How many months were you in your Recovery Program before you discovered a 'New Way of Life' and that the Ninth Step 'Promises' were manifesting in your life?

My life today is wonderful, and I thank God, AA, NA, and the fellowship each and every day. As long as I continue to go to meetings, work with my sponsor and other women, work the twelve steps, and be in service - I continue to stay humble, honest, and accountable.

Susan, What Is Your Advice for the Newcomer?

Keep coming back and never give up. This is a "we" program and we are here to help you. When I got to the rooms, it never occurred to me to question the women in the program. I suppose that was the gift of desperation because today, I thank the women for caring enough to direct me through my early recovery.

Finally, Why are you a member of the Alano Club of San Jose?

Today, I know that the Alano Club is a safe place for me to be and for that I am grateful. People in the fellowship truly do care, and it is evident in both meetings and when attending the many events held at the Alano Club. I can always count on finding someone here who can hear and advise me on any current situations that always seem to arise.

Activities & More at the Alano Club of San Jose

Alano Club Special Event

“The Science of Recovery” Workshop

Facilitated by: Dr. Matthew Leichter, Phd & Dr. Kamille Sindu, PhD

Learn the latest about Addiction Research and Recovery

Sunday, January 21 – 1-2 PM

This Workshop is Free!

(Donations Accepted)

Dr. Matthew Leichter:

- *National Speaker on addiction and compulsive behaviors in American*
- *Consulted for the Center of Disease Control*
- *Assisted in writing the Affordable Care Act (Obamacare)*
- *Worked with Abbvie Laboratories to develop the latest Hepatitis “C” Vaccine.*

Dr. Kamille Sindu

- *Published geneticist in the field of Stem Cell Research*
- *Graduated with her PhD from Harvard University*
- *Currently working at Stanford Labs to develop a genetic cure for HIV.*

Thirteen Steps to a Great Dance Team

Learn - Bolero, Rumba, and Salsa

Led by Adrian Flores

First Saturday of The Month

3:30 p.m. to 5:00 p.m.

Your Donations will Benefit the Alano Club

To learn more go to: www.adrianflorespresents.com

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)	CPS Support Group	
Mon-Fri	7:30 pm (Spanish)	Mon	5:00 pm
Mon	8:00 pm (Tagalong)	Cocaine Anonymous (CA)	
Tues	9:30 pm (Men)	Sat	8:00 pm
A Medicine Crow Talking Circle			
Sat	12:00 pm		
Co-Dependents Anonymous		Al-Anon	
Sun	5:00 pm	Mon	8:00 pm
Wed	6:30 pm	Tue	12:00 pm

*Honor Your Valentine with a Sweet Mushy Message
(We Will Publish it in The February Newsletter)*

Valentine's Day will be here Soon

**Send a Special 10-Word Message
To Your Sweet Lovable One who Won Your Heart.**

Leave Your Message with your Name at the Café Counter.

**Celebrate Your Recovery Milestone
Here at Your Friendly Café**

*Contact the Kitchen Staff two weeks in advance to schedule the date
and plan the menu. All guests will pay the same price for the meal.*

Costs range - \$8 to \$15.

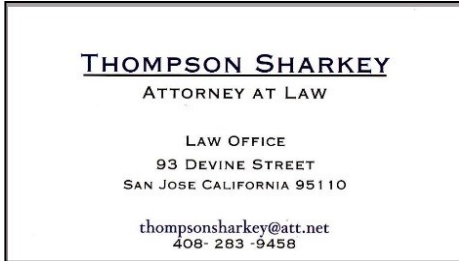
Please Support Your Club Advertisers!



A&H Heating and Air



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!
www.alanosj.org