

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

February 2018

Board of Directors

Ernie Orta - President
 Mike Austin - VP
 Penny Johnson - Sec/Treas.
 Tammy Aguirre
 Mark Buchanan
 Laura Martin
 Joey Martinez

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
February 1, at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
 Training for New Secretaries
March 8, at 6:00 pm
 All Are Welcome

Contents:

Milestones	1
Member of the Month	1
January Wrap-up	2
A Member's Story	3
Upcoming Events	4
Meeting Schedule	5
Our Club Advertisers	6

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
Anthony P	02/01/1988	30	Norman Q	02/01/1994	24
Ernie O	02/01/2001	17	Steve C	02/01/2016	2
Hank B	02/02/1988	30	Lawra C	02/02/1997	21
Andy S	02/05/1987	31	Sue E	02/07/2009	9
Linda Y	02/08/2017	1	Luther B	02/09/1990	28
Sue W	02/09/2007	11	Bud N	02/14/2009	9
Jerry V	02/15/1991	27	Walter M	02/16/2004	14
Jack S	02/17/1988	30	Steve H	02/17/2011	7
Rigo J	02/18/1987	31	George P	02/18/1990	28
Jamie K	02/18/2017	1	Lupe Z	02/19/2012	6
Zenaida M	02/19/2013	5	Horace C	02/21/1995	23
Ron B	02/22/2013	5	Curtis H	02/23/1988	30
Sharkey T	02/23/1999	19	Jose C	02/23/2003	15
Peggy M	02/23/2015	3	Cora S	02/24/1987	31
Don P	02/26/2017	1	Samuel T	02/27/2014	4

Member of the Month

At the January meeting of the Board of Directors, the Outgoing Board President – Laura Martin – was named “Member of the Month.” Laura has been very active with numerous events here at the Club and was very involved in the Christmas Toy Drive and the Toy Give-away when Santa visited with the children. Thanks Laura for all you do for the Alano Club.

Board of Directors Elects New President

Ernie Orta was elected President by the Board of Directors at their January 4th meeting. Laura Martin, out-going President was thanked for her service, and was named “Member of the Month.” Mike Austin, who was elected to the Board near the end of 2017, was elected Vice-President. Penny Johnson, will be serving another term as Secretary/Treasurer. Other members of the Board are Tammy Aguirre, Mark Buchanan, Laura Martin and Joey Martinez.

January – Announcements & Wrap Up

Some Membership Fees Will Increase

Dear Members:

The Minimum Wage increase is now \$13.50, and all of our employees deserve that and more for their efforts. That said, we need to find ways to increase our Club revenue. One of those ways is regrettably to increase Senior and Fixed Income dues.

We haven't had a dues increase in many years. Effective March 1st both will be \$15.00 a month, \$75.00 for six months, and \$135 for a year. At this time, we are not increasing Regular Dues but if you have a little extra please donate it with your payment.

In addition to that some of our food prices will need to be increased. We hope you can understand the necessity of these changes. Thank You,

Sincerely,

Tony and the Board.

In Memoriam – We Have Lost Two Long-Term Members

Recently we have experienced the loss of Horace Chandler and Bill Peckham. Horace was a long-term member and a "Decorated Viet Nam Veteran." He passed away on January 08, 2018, with 22 years of Sobriety. Bill was also a long-term member of the Alano Club who recently passed-on, also with long-term Sobriety.

“Science of Recovery” Workshop

About 30 members of the Recovery Community met here at the Alano Club of San Jose on Sunday afternoon January 21st to learn the latest about Addiction Research and Recovery.

The workshop was facilitated by Dr. Camille Sindu, PhD, a published Geneticist in the field of Stem Cell Research and Dr. Matthew Leichter, PhD, who is a Nationally Recognized Speaker on "Addiction and Compulsive Behaviors in America".

Dr. Sindu noted, "Studies of the genetic basis for addiction highlight three important points: 1. A family history of addiction is a strong predictor. 2. Factors that trigger addictive behaviors are diverse and differ between people. 3. There is no ONE gene that makes someone an addict."

Dr. Matthew Leichter explained that there are four types of chemical "neurotransmitters" in our brain which produce various Emotional Regulations and Actions. They are Dopamine "The reward molecule"; Serotonin "The confidence molecule"; Oxytocin "The bonding molecule" – which relates to creating trust between people; and Endorphin "The pain-killing molecule."

Why I Am a Member – By Xiomara

Tell Us, “Who Are You?” My name is Xiomara. “I am a 42 years young woman. I am a mother. I am an Alcoholic and and Addict. And, I am Sober today.”

Xiomara, at what age were you when you had your first drink and/or used your first Addictive Substance Please tell us about that situation, and how your mind convinced you to give it a try:

The first time I used heroin, I thought to myself, ‘This is what everyone else must be doing’, because the world outside of myself appeared to be so high functioning and genuinely happy and well adjusted, confident and comfortable.

When Did You Have Your Last Addictive Substance? “I am new in my recovery. When I wake up [each day] is the beginning of my recovery.”

How did you find out about AA, or your own Twelve Step Program? “My Ma took me to my first AA meeting. It was a candle-light meeting in a church downtown on the corner of Third Street, across from St. James Park.”

Xiomara, What Is Your Advice for the Newcomer? “My advice is treat yourself like a brand new baby. Be gentle, cry when you have to, love yourself, nurture yourself, use kid gloves. During this time you are hyper-sensitive to the world around you, you’re vulnerable and [you] may feel exposed. Take it slow, minute by minute. You are loved on your first day of sobriety and you are loved the day before. Do not compare yourself to the ‘normies’, or the ones with a year or ten years. You are special and unique, and you own the moment. All we have is **now** and ‘Now is the Time’. Also, during this time, many people will attempt to tell you what to do.

What works for one individual may not be the answer for you. Take advantage of all resources, but do not allow yourself to be taken advantage of. Stay away from anything and anyone that makes you feel less than. Be protective of yourself. You are a Child of God. You are worthy and entitled to dignity. This world is yours, just as it is theirs. You are not here to take the scraps and leftovers. Spoil yourself because you have neglected yourself far too long.”

Why Did You Choose to Become a Member of the ALANO Club? “I am a member of Alano Club because we receive Perks like a discount on food and access to the computers. I also feel comfortable with the people and I need their support, and the environment feels safe.”

Activities & More at the Alano Club of San Jose

Watch Super Bowl 52

New England Patriots

Vs.

Philadelphia Eagles

**Sunday, February 4th - Starting at 3:30 p.m.
In the Club's Cafe**

Valentine's Day Boutique

Feb. 13th - 5:00 - 9:00 p.m.
The Evening Before Valentine's Day

Sales Benefit Your Club

Check-Out Our Gift Selection

Tenth Annual Recovery Walkathon

Sign Up Now To Raise Funds For the Alano Club

Saturday, May 19th

Registration Packets are Available at the Club Café Counter
Any Questions, Call Regina at 1-408-297-1878

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		AI-Anon	
Sun	5:00 pm	Mon	8:00 pm
Wed	6:30 pm	Tue	12:00 pm

Thirteen Steps to a Great Dance Team

Learn - Bolero, Rumba, and Salsa

Led by Adrian Flores - A Long-Term Club Member

First Saturday of the Month From 3:30 p.m. to 5:00 p.m.

Your Donations will Benefit the Alano Club

To learn more go to: www.adrianflorespresents.com

Celebrate Your Recovery Milestone Here at Your Friendly Café

Please 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