

Monthly Publication
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 Alano Club of San Jose, Inc.

May 2018

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Alano Club of San Jose
Board of Directors Meeting
May 3, at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
 Training for New Secretaries
May 10, 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 |
|---------------|------------|-------|-----------|------------|-------|
| Jerry G | 05/01/2016 | 2 | Molly V | 05/01/2017 | 1 |
| Felix L | 05/04/1992 | 26 | Steve H | 05/06/1985 | 33 |
| David R | 05/06/1989 | 29 | Rohanda G | 05/06/2004 | 14 |
| Art O | 05/07/2016 | 2 | Chuck P | 05/12/2009 | 9 |
| Andy H | 05/13/2005 | 13 | Michael R | 05/13/2014 | 4 |
| Doug M | 05/15/2014 | 4 | Richard F | 05/16/2017 | 1 |
| James D | 05/17/2017 | 1 | Hank C | 05/17/2017 | 1 |
| Danny G | 05/18/2004 | 14 | Jerry R | 05/20/2008 | 10 |
| Chris M | 05/20/2017 | 1 | Laura K | 05/23/2012 | 6 |
| Mark M | 05/24/1985 | 33 | Alex L | 05/24/2006 | 12 |
| Henry Chili C | 05/25/2007 | 11 | Douglas C | 05/28/2008 | 10 |
| Rafael C | 05/31/1970 | 48 | | | |

Member of the Month – Curtis Hicks

At their April meeting, the Board of Directors named Curtis H. as Member of the Month. Recently, Curtis worked with the Easter Egg Hunt for the very young children. Curtis has been the head barbeque chef for various celebrations at the Serenity Gardens Grill, according to Kiki Martinez, Alano Club Manager.

Fair Avenue Fellowship Group – Thank You Secretaries

“Thanks to all of you, those who contributed your time, your talent and a desire to be in service to the Alano Club. We are presently fully staffed with meeting secretaries for all the A.A. meetings which are part of the Fair Avenue Fellowship Group.” said Laura Kimura, the FAFG Secretarial Coordinator.

*We gratefully welcome the following members to their new service position duties: They are: **GSR – Mel G; Intergroup Rep. – Linda S; and H & I Rep. – Michael B.***

Carolyn Miles Memorial Services

Sun – May 6 – 2:00 pm - Chapel of Flowers - 900 So. 2nd St. – S.J. – 95112.
 Mon – May 7 – 11:30 am - Destiny Christian Fellowship – Fremont 94538.

Why I Am a Member – By Luther Brock

Tell Us, “Who Are You?” “I’m a 71 year-old Father of nine children. I have seven girls and two boys. I grew-up in an Alcoholic Home. I am one of six children and four of us became Alcoholics. The good news is that all four of us discovered the programs and all four of us are now Clean and Sober and we each have over 25 years. (My brother, Milton Brock, who died 08-11-2015, had 33 years without alcohol or drugs.) Our Father was a hard-core Alcoholic. Our Mom was a member of Alanon (for 48 years) and us kids were members of Ala-teen. I became a Marine after high school and served in combat in Vietnam. When I returned to the States military service personnel were treated very shabbily. We weren’t welcomed back home the way our troops are welcomed home today. I had PTSD (Post-Traumatic Stress Disorder) and a bad case of being an Alcoholic. I remained a Drunk and an Addict for the next 23 years until Feb. 9,1990.

Luther, at What Age Were You When You Had Your First Drink or Used Your First Addictive Substance. “I was 13 years of age when I tried mixing White Port wine with lemon juice, and it definitely made me want to dance. I hung-out with the other kids in the school club (which was the equivalent of today’s street gangs). When someone introduced me to alcohol and drugs, I quickly participated. I loved Dancing and I really enjoyed being around the popular Girls but I was a bit shy. From my first drink, I enjoyed the way my body and mind felt as the alcohol had its effect on me. It made me feel ‘Happy Go Lucky,’ inside, and I felt at last like I truly belonged.

When Did You Have Your Last Drink or Use Your Last Drug? “My sobriety birthday is Feb. 9, 1990, so it was a few days prior to that.

How Did You Find Out About AA or your own Twelve-Step Program? In early February of 1990 I began the Odyssey program here in San Jose. I chose the four months recovery session. I decided to do it the right way this time. I got a Big Book and started seeing a sponsor on a regular basis. I also got a job as a Psych Tech at Agnews Developmental Center here in San Jose. After some time there, I co-founded the “Free at Last” an Alcohol and Drug Recovery Center. In mid-1995 I joined the AIDS Clinical Trials Group at Stanford University and for the next eight years I worked in AIDS research. I retired from that position in 2003. During my working career I also was Director of AIDS Research at the V.A. Hospital in Palo Alto. Later on, I became a researcher for ACRC, the AIDS Community Research Consortium in Redwood City. I have been very involved in the medical research dealing with Hep C. I became an International Activist and Advocate and had the privilege of consulting with several Pharmaceutical Companies.

Luther, when did you first find out about the ALANO Club of San Jose? “In 1985, I was just beginning my first bout with recovery. I became a member of the Club that year. But I didn’t pay attention to the “Doctor’s Opinion” in the early pages of the Big Book. He says we can only succeed if we practice ‘Total Abstinence’ each and every day.

Please tell us, Luther, “Why Are You a Member of the Alano Club of San Jose?” “The day I started my Road to Recovery, was on Feb. 9, 1990, and I became a member of the Alano Club. I am now a Lifetime Member, and my membership expires in 2054.

What is Your Advice for the Newcomer? **1.** “Follow the suggestions, which are so freely given. **2.** Develop a support system with others in Recovery. **3.** Do not drink or use – no matter what. It will get better!”

Activities & More at the Alano Club of San Jose

Tenth Annual Recovery Walkathon

How Many Friends Will Be Sponsoring You?

Sign-Up Now To Raise Funds For the Alano Club

Walk Begins at 8:00 a.m. - Saturday Morning, May 19th

Registration Packets are Available at the Club Café Counter

See Page 4 for an Update from Regina P. - Walk Coordinator

Memorial Day B.B.Q. at Serenity Gardens

Monday May 28th

Food Served beginning at 3:00 p.m.

2018 Alano Club Car Show

Opens @ 10:00 a.m. Saturday Morning, June 2nd in the Alano Club Parking Lot

**Low Riders, Bombs, Motorcycles, Hot Rods,
Classic Cars, Trucks, Bikes & Imports**

Your Hosts are Freddie Parra, Joey Martinez and Frank SJ Ruiz

Vendor Booths are Available - Reserve Your Booth Today

Music D.J.s are Slamin' Sam and Frank Ruiz

For Information Call Frank -- 408-295-6456 - 9 am - 9 pm

32nd Annual - Alano Club Golf Classic

June 10, 2018 - Los Lagos Golf Course - South San Jose

Steak Dinner & Prizes follow at the Alano Club BBQ Pit

For Information, please call Tony B. - 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 |
| Sat | 1:30 pm (Spanish) | Sun | 7:30 pm (Spanish) |
| Mon-Fri | 4:00 pm | Tue | 8:00 pm (Spanish) |
| Sun | 5:00 pm (Men) | Tue | 8:00 pm (Book Study) |
| Mon-Thu, Sun | 6:00 pm | Fri | 8:00 pm |
| Sat | 6:00 pm (Newcomers Q&A's) | Sat | 8:00 pm (Speaker) |
| Tue | 6:00 pm Veterans Meeting | <p style="color: blue; text-decoration: underline;">www.AlanoSJ.org</p> <p>Check-out our newly revised web-site.</p> | |
| 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 | | | |
| 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 |

*NOTE: All Meetings are "Open Meetings" Unless otherwise noted.

Fund-Raising Event Details

- **Old School Dance** – Sat. Nite – May 5th, beginning at 9:00 p.m. \$5 - Admission. Many forms of Dance Music. Here at your club. Prizes awarded for various contests. Produced by **A-Best DJs**. Music played by Frank Ruiz and Slamin' Sam, from A-Best DJs. Come out and support your Club.
- **Walkers:** Have you picked-up your flyer and registration papers for our 10 Annual "Alano Recovery Walkathon" on Saturday, May 19th. Each Walker Will Need to turn-in their completed Registration Packet, with their written Sponsorship list. Each Walker Contestant should have a Minimum \$50 to turn-in to Regina P., one of our Café Staff Members. **Registration papers** are due by Wednesday May 16th. The approximately 6-mile walk begins and ends at the Alano Club parking lot, and winds through downtown San Jose near the City Hall complex. **Celebration Cake:** After all Walkers have returned to the Club, the kitchen staff will cut a celebration cake. The Walkathon will be offering prizes for First Place, Second Place, and Third Place Winners.
- **Car Show:** The 2018 Alano Club Car Show is scheduled for June 2nd. This will be held in the Alano Club Parking Lot. More details are available by calling the Alano Club number at 1-408-297-1878 and talking with Freddie Parra or Joey Martinez, a member of our board.
- **32nd Annual Golf Classic:** On Saturday, June 10th the 32nd Annual Alano Club of San Jose Golf Classic takes place at the Los Lagos Golf Course at 2995 Tuers Road in South Central San Jose. After the tournament, a **Celebration Party** will be held back at the Club. Each golfer receives, one complementary Steak Dinner, which is part of the Entry Fee for the Golf Classic event. Event Hosted by Tony Baron, our Club CEO.

Please Support Your Club Advertisers!



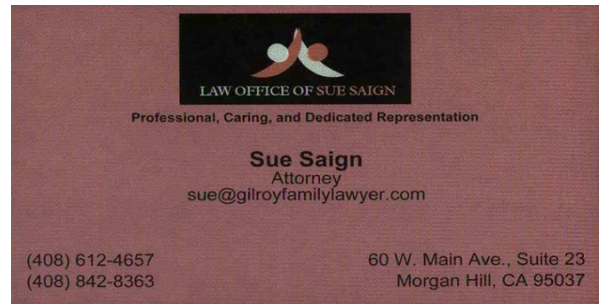
Montana Silver 796



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Haz Mat



Haz Mat

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