

Monthly Publication
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 Alano Club of San Jose, Inc.

June 2018

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Alano Club of San Jose
Board of Directors Meeting
June 7, at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
 Progress Reports for All
 Meeting Secretaries
June 14, at 6:00 pm
 All Are Welcome

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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 |
|------------|------------|-------|---------|------------|-------|
| Sonny P | 06/01/1984 | 34 | Cruz M | 06/02/2007 | 11 |
| Al D | 06/02/2016 | 2 | Scott C | 06/06/2015 | 3 |
| Dennis S | 06/10/1989 | 29 | Lori S | 06/10/2015 | 3 |
| Joey M | 06/11/2007 | 11 | Nina S | 06/11/2013 | 5 |
| Jeff S | 06/13/1991 | 27 | Janet G | 06/13/1994 | 24 |
| Brigitte F | 06/13/2017 | 1 | Tonya C | 06/14/2007 | 11 |
| Manuel T | 06/15/1992 | 26 | Tee B | 06/20/2014 | 4 |
| Marcie M | 06/22/1991 | 27 | Rick P | 06/22/2015 | 3 |
| Arnold C | 06/25/2000 | 18 | Garry B | 06/28/1990 | 28 |
| Bob D | 06/30/2016 | 2 | | | |

Members of the Month: Cassandra V. and Turtle F.

At the May meeting of the Board of Directors, two volunteers were named as "Member of the Month." They are Cassandra V. and Turtle F. for planting beautiful flowers and doing other Landscaping around the club's property. Thanks both of you, and we're very grateful that you have a "green thumb."

Volunteer Positions Now Available

Newsletter Editor – Experienced with Microsoft Word; utilizes Tight Writing and Editing. Familiar with Text Boxes and Layout of Copy for Publication.

Newsletter Writers – Ability to Ask Probing Questions. Can develop a News Story answering the Questions: **Who? What? When? Where? Why? And How?**

I.T. Gal or **I.T. Guy** and/or **Web-Master**

To apply for any of the above positions, please submit your Resume to Tony Baron or Kiki Martinez in the Management Office.

Why I Am a Member – By Laura Michiko Kimura

Who Are You? “My name is Laura and I am most definitely an alcoholic. Born in Los Angeles to Japanese parents, I was an only child. Soon thereafter Mom and Dad moved to Tokyo, and we lived there until I completed Kindergarten. My first and second grades were in LA and then we moved to Yokohama, Japan, where I attended St. Maur Int’l School. I was graduated in 1995. By working five jobs, I was able to save-up enough money that I came to Claremont, CA. for college in 1996. I moved there with two suitcases, \$3,000 and dreams of becoming an American citizen.

Laura, When Was Your First Drink? How Did Your Mind Convince You To Try It? “I discovered the existence of alcohol in my toddler years, when “amazake” was served to children in lieu of “real sake” on traditional festive holidays. It’s a rice-thickened sake with alarming amounts of sugar. It’s super sweet and rice-pulpy but with a definite alcoholic taste..... When I turned 13 I started coming home late, started smoking, seeing boyfriends; that whole teen-thing quickly became nothing new and drinking was one of them. I did however, cherish my time on-stage as a ‘classical pianist.’.....[In Japan, at that time] “there was no carding system, no ID-ing, and it was very easy to step into bars in my Catholic school uniform. I drank with my parents by 10th grade and was finishing their half cups of beer that they couldn’t finish. I could drink almost anyone under the table and I wore it like a badge of honor.”

When Was Your Last Drink? “It was the afternoon of May 22, 2012. I had relapsed with my partner one more time – drinking for three days. My son, Morgan, was seven months old. I helped him into the car seat in the CPS worker’s car. ‘Momo’ gave the loudest and craziest shriek I’ve ever heard and I knew he sensed something bad was happening. He was terrified out of his mind. The next morning, I awoke to a silent apartment – hung-over, lonely, broken hearted, and thirsty beyond comprehension. I craved OJ, and opened the refrigerator to find a block of cheese. My first thought was, ‘wine would go great with that.’ That was my earth-shattering moment of utter demoralization and true defeat. My sobriety birthday is May 23, 2012.

Laura, How Did You Find Out About AA? “I lived in Boulder, CO, from 2003 to 2007 with my husband. It was my first ‘geographic’, hoping that my drinking habits would die down, but it was quite the opposite. Marriage was declining like falling from a cliff. I knew by 2004 that I had a drinking problem. But I’m Japanese, a party animal, the odd-ball chick who could out-drink almost anyone around me. I hung-out with pot-heads during college so I could finish their drinks...free booze, Yeah! But now, I had to drink alone because I started losing friends....My husband was an atomic physics-researching PhD. candidate who worked 80-hours a week. I searched online one day and called Boulder’s AA hotline. A man answered. I broke down and said, ‘I can’t do this anymore!’ He replied, ‘You’re gonna be alright. Just hang in there, and I’ll have a female AA member call you shortly.’ A little later, a lady called but in a few minutes my husband walked in, unexpectedly...and she asked if it was a good time to chat. I specifically remember saying, ‘no. Actually, I’m okay now. I don’t think I need any help. Thank you anyway and have a great day.’ That was my first contact with AA.

How Did You Find Out About the Alano Club of San Jose? “It was 2011. I lived within walking distance of the Denny’s Restaurant at First Street and Alma. I went there for awhile with my son in a ‘stroller-car seat thingy’ and I heard a gentleman make daily announcements that Cup of Coffee was a great meeting. He called it ‘Alano East’ at the time....When I checked out that meeting a tall man came to me and said essentially that I was welcome but not to bring my son. Then I relapsed the following May. In 2016, Morgan started pre-K, and I had three hours of glorious me-time and I decided to spend it on AA. However, it took some counseling with my sponsor to get over my resentment of the Alano Club and the rude man who didn’t want my son to attend my meetings. I became an Alano Club member in early 2017.I feel rich because I’m loved by my crazy, cute, smart, athletic, skateboarding, autistic, ADHD son, his handsome Daddy – whom I love endlessly, and my peeps at the Club where they get me because they’re just as sick, crazy and twisted as I am!

My Word For The Newcomer: “This Club is an awesome place to ‘get your Sober on’”

Activities & More at the Alano Club of San Jose

2018 Alano Club Car Show

Saturday Morning – June 2, 2018

Alano Club Parking Lot

Vendor Booths are Available – Call 408-297-1878 to Reserve

Hosted by Freddie Parra and Disc Jockey S.J. Ruiz

Come by and view Low Riders, Bombs, Hot Rods, Motorcycles

*Every Car Show Is Different.
So Come Out and Enjoy the View
And Appreciate the Company
Of Other Clean and Sober People.*

32nd Annual – Alano Club Golf Classic

Sunday June 10th

*Los Lagos Golf Course – South San Jose
2995 Tuers Road – San Jose 95121*

Check-In Time: 9:30 a.m.

1st Tee Time: 10:30 a.m.

**Following the Golf Classic, Participants will meet at the Alano Club
For a Steak Dinner at the BBQ Pit of the Serenity Gardens.**

***Each Golfer will be awarded a Free Steak Dinner
– It's Covered in the \$100 Entry Fee.***

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 | www.AlanoSJ.org Check-out our newly revised web-site. | |
| 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.

Possibly The Top Ten Reasons Why We Relapse

By W.E.M.B. --- An Alcoholic Who's Been Sober and in A.A. for Over 30 Years

10. We entered the program to make someone else Happy.
09. We've spent years believing that Life is a big joke, so we think the same of A.A.
08. We can't accept the Facts that Alcohol is “Cunning, Baffling, and Powerful.”
07. We fail to understand the value of the Fellowship. No need to join the Club.
06. When talking to others about our A.A. experience we Romanticize the Drink.
05. We believe our friends and family when they tell us: “You're not an Alcoholic.”
04. “Alcoholics Anonymous is a Cult!,” and we believe the Naysayers.
03. “Attend too many meetings, and you become a Hypnotized A.A. Zombie.”
02. “Too many meetings and working the Steps means you're **‘Brain-Washed.’**”
01. We develop a real bad case of the **“Foc-Itzs.”** We stop accepting that Mistakes and Failures are part of the Journey toward Success, and we run back into the dark Cave of Despair. “What's the Point?,” we ask our inner spirit and then we Decide to Drink or Drug again.

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