

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

July 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 - CEO
 Anthony Martinez—Manager
 Angela Young
 Maria Garcia
 Regina Palacios
 Tammy Aguirre
 Terri Weeman
 Tinamarie Savala
 Melody Garcia
 Nick Ayala

Alano Club of San Jose
Board of Directors Meeting
 July 5, at 6:00 pm
 Members Welcome

Fair Avenue Fellowship
Steering Committee Meeting
 Training for New Secretaries
 July 12, at 6:00 pm
 All Secretaries Needed
 Everyone Is Welcome

Contents:

Milestones	1
Member of the Month	1
Thank You Members	1
A Member's Story	2
Upcoming Events - BB-Q	3
The Miracle of Letting Go	3
Meeting Schedule	4
AA Does Not....	4
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
Frank R	07/01/2016	2	Tony B	07/04/1973	45
Irene R	07/06/1977	41	Christina N	07/06/2007	11
Domingo H	07/09/1989	29	Mark P	07/10/1986	32
Jeanne W	07/10/2013	5	Rudy P	07/11/1998	20
Joey A	07/11/2013	5	Carolyn M	07/12/1987	31
Penny J	07/12/2014	4	Christa B	07/13/2000	18
Ricky L	07/13/2005	13	Michael D	07/18/1982	36
Cassandra V	07/19/2008	10	Matt H	07/19/2015	3
Ed S	07/20/1984	34	Al G	07/20/2001	17
Kiki M	07/22/2008	10	Patricia G	07/22/2016	2
Tim M	07/24/2012	6	Mike S	07/25/1971	47
Tammy A	07/26/2009	9	Linda S	07/29/2017	1

Members of the Month – Laura K. and Freddie P.

At the June meeting, the Board of Directors named two hard-working members as “Members of the Month.” Laura K. for volunteering and being an *excellent assistant to the staff of the Café*. Laura also serves as the *Meeting Secretaries Coordinator*. Freddie P. was selected for his untiring work with many other volunteers to make the recent Alano Car Show a success. Freddie is the *Fund Raising Coordinator*, working diligently to raise several thousand dollars to resurface the parking lot. On July 4th, he'll be our Barbeque Chef for our Fourth of July Celebration. See calendar on Page 3.

Thank You Members

Thanks to our members and their guests for assisting and participating in our annual *Recovery Walk*, our annual *Golf Classic* and the *Car Show*. Your hard work has enabled the Club to achieve great success with our three most popular annual fundraisers. Those participating in the *Recovery Walk* included 13 people and a tiny, but energetic dog. Your Club earned \$2,240.50 from the *Recovery Walk*. Our annual *Golf Classic* brought in \$4,137.00. The annual *Car Show* made \$2,139.25. These three events confirmed once again that we all know how to have a great time drug and alcohol free. Hooray!

Why I Am a Member – By Adrian Flores

Adrian, please tell us “Who Are You?”

“I’m a singer, dancer, and actor. I’m passionate about sponsoring because I know the talents and skills I have can help other alcoholics to move forward to Sobriety. As a professional singer, dancer or actor I was able to have a fun-filled career in a professional setting. I almost had to die from alcoholism for those talents to become active and appreciated by myself and the many audiences for whom I’ve performed. I was heart-broken in my disease. However, in my resurrection as a sober AA member, I’ve been given a life beyond my wildest dreams.

What Age Were You When You Had Your First Drink?

“I was approximately 8-years old. I was at a bus stop waiting for a bus, when a wino asked me if I wanted to join him for a drink. Starved for attention from my family or anyone, I accepted. My first drink of alcohol was white port and lemon juice.

Adrian, How Old Were You When You Had Your Last Drink?

“I was 26 years old.

Please Tell Us the Situation or the Helpful People Who Helped You Quit?

“Early in my teenage years I began hanging out with the local gangs in Richmond. Paul Casillos, a former gang leader, was released from San Quentin Prison and came to visit my family. My Mom and Paul talked about the problem I was having with drinking. Paul knew what to do, because in prison the people from H & I (Hospitals and Institutions) had visited with Paul and several other prisoners. Paul led me to a detox center and later on to A.A.

Adrian, How Did You Find Out About the Program of Alcoholics Anonymous?

“Upon leaving the detox center, I grabbed a flyer for the Diablo Valley Ranch over in Clayton. The information on the flyer stated that they would teach me the tools to live my life without drinking. There in Clayton, they had a program which rewarded the residents who had 30-days of Sobriety. We were allowed to take a caravan of people to an AA meeting. My first house meeting groups were at the Concord Fellowship and at the Martinez Young Peoples Meeting.

About What Year and Month Did You First Find Out About the Alano Club of San Jose?

“I don’t remember the month, but it was in 2001.

Adrian, Please Tell Us “Why Are You a Member of the Alano Club of San Jose, and When Did You First Become a Member?”

“I am a member because it is our club. This is a place where we can talk, we can eat and we can hang-out together.

What Is Your Advice For the Newcomer?

“Buy the Big Book, the 12 x 12, and then come and talk to me.”

Activities & More at the Alano Club of San Jose

Fourth of July Celebration Barbeque Dinner

July 4, 2018 -- Serving Begins at 2:00 p.m.

Children's Plates = \$5
Adult Members = \$10 – Non-Members = \$12

*All 12 Step Meetings Will Meet at Their Scheduled Time.
For More Information Call Freddie Parra at: 408-297-1878*

The Miracle of Letting Go

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, it is to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To "let go" is not to be protective, it is to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires, but to take each day as it comes and cherish myself in it.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is to fear less and love more.

--- Copied from the Alano Club Newsletter of July 2007.

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. <i>Read Back Issues, Find Treatment Resources, Refer Interested Friends.</i></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		AI-Anon	
Sun	5:00 pm	Mon	8:00 pm
Wed	6:30 pm	Tue	12:00 pm

What AA Does Not Do

- Furnish initial motivation
- Solicit members
- Charge dues or fees
- Operate clinics or drying-out facilities
- Operate clubs
- Provide housing, meals or transportation
- Keep membership records
- Follow-up on errant members
- Control its members
- Hold classes
- Practice medicine, psychiatry, or nursing
- Offer religious services
- Offer professional counseling
- Accept money from non-members
- Do research
- Join councils or social agencies

— *Bridging the Gap* Santa Clara County (408) 915-7958

Please Support Your Club Advertisers!



Montana Silver 796



A&H Heating and Air



Sharkey Law



Sue Saign Family Law



HazMat



Haz Mat

*Another way to support your Club
Pay your dues or contribute via Venmo
alanoclubsj@alanosj.org*

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 be placed on the Alano Club website.

We continue to support your business!

www.alanosj.org