

12302 NE 8th Street, Bellevue, WA 98004, (425) 455-5700 • www.AlanoClubOfTheEastside.Org

Special Interest:

LOOK for our Friday
"Homemade
Chowders" & Pizza
after 5pm, as well as
Saturday "Steak
Night" specials every
Saturday.
Steak specials
\$10.95!
Support the Club
while enjoying a
satisfying meal.
Additionally, inquire
within on
Membership Dues

INDIVIDUAL HIGHLIGHTS

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ABOUT OUR ORGANIZATION

Statement of Purpose:

The Alano Club of the Eastside is a non-profit corporation established for the primary purpose of providing social opportunities and a social setting for recovering (non drinking) alcoholics and their families. The club is not affiliated with Alcoholics Anonymous or any related program; however, the Club and its members share a commitment to the principles of AA and may choose to cooperate with AA by extending certain invitations to AA members, including the use of facilities for AA meetings and meetings of other programs related to alcoholism.

President's Message

Happy April to all!

I've been trying a lot lately (*as the Big Book states on the bottom of page 87*) to "...
pause, when agitated or doubtful, and ask for the right action or thought."

Regardless of how long I've been sober, my mouth and/or actions often get me in trouble, too often over issues that are not really as important as they seem at that immediate moment. When I just remember to say to myself "*Thy will be done*", my need to immediately act (*usually foolishly*) begins to subside.

This pause has helped immensely in traffic, work and everyday stressful situations, but nowhere is it more effective than with my family and loved ones. Now this is not to say that I have been able to exercise this restraint on a daily basis or with any semblance of regularity; but when I do utilize this simple restraint, my life at that moment steers toward serenity rather than taking a sharp turn toward conflict, anger and ultimately resentment.

I can say with a high degree of certainty that prior to finding the program of AA, the concept of restraint would not have come to me naturally; what a great deal this program is, and it works in all my affairs.

Thanks to AA and to all of you for making the principles of the program available to me and others like me. If I keep coming back long enough, maybe this concept of restraint as well as other program concepts will become the rule in my life rather than the exception - *guess that's in my Higher Power's hands...*

Lachlan F.

Manager's Message

Hello Everyone,

Wow! Another great JAM NIGHT!

Thanks for everyone's support and involvement. We do have a lot of fun at these jam sessions don't we!

The next one is Friday, June 24th. Hope you can make it!
At this point we are working on a Bingo Night and Card Tournament, but no date has been set yet. Stay tuned and look for flyers around the club.

I do hope everyone is enjoying Saturday's Steak Dinner in the café and Pizza on Fridays. In-house chowders also on Fridays! If you haven't indulged it's time. Steve makes the best chowder around!

There's a new AA meeting on Wednesday night at 7:30pm for you to check out and an OA meeting on Tuesday's called OA; HOW, in the clubroom at 7:00pm. Of course these new groups would appreciate your support.

Welcome to all our new members and I hope you all have a safe and sober April.**keep coming back!**

Mike R.

[Visit alanocluboftheeastside.org](http://visit.alanocluboftheeastside.org)

**Next Board Meeting will be on Wednesday, April, 2011,
7:00PM in the Member's Room All are welcome and encouraged to come.**

MEMBERSHIP DUES:

Regular Monthly: \$20/month
Senior/Junior
(over 65 or under 18):
\$10/month

Non-Resident
(outside King County):
\$25/year

Annual rates are available,
too, saving you money. Call
Mike at (206) 619-0909 for
those rates.

Membership applications are
available at the Club or online
www.

alanocluboftheeastside.org

WEBSITE RESOURCES

*www.Eastsideintergroup.org
is a great web site for our
community. It is a mature
site that offers info on
meetings, service, activities,
travel and more.

Seattle Intergroup widens the
scope of possibilities for
meetings and service.
Seattleaa.org

Alcoholics Anonymous World
Services is a great resource for
on-line literature and how to
contact AA all around the
world. [alcoholics
anonymous.org](http://alcoholicsanonymous.org)

The AA Grapevine is The
International Monthly Journal
of Alcoholics Anonymous
published since 1944. It's a
great resource for personal
stories, entertainment and a
meeting in print.
aagrapevine.org

**The Al-Anon Family Groups
(AFG) are a fellowship of
relatives and friends of
alcoholics who believe
alcoholism is a family illness
and that changed attitudes
can aid recovery. [Seattle-al-
anon.org](http://Seattle-al-anon.org)

**The Clean and Sober Softball
Association is a recovery-
based activity, organized for
"non-competitive" recreation.
The function of CSSA and its
franchises is to further recovery
through the community of
softball. Sobersoftball.com

**Puget Sound Young Peoples*
Council is a group that has
been putting on sober events
in our area for over 30 years.
There are many opportunities
for service and fellowship
through PSYPC.org

Welcome New Members

Alison C.
Nick E.
Aleta B.

Mark F.
Bing H.
Steve M.

Kevin H.
Dallas M.

Brian M.
Briana M.



Bob S. 04/22/98
David S. 04/25/06

APRIL AA Birthdays

Jackie G. 04/07/92
Terry B. 04/14/81

Paul Y. 04/02/00
Wendi O. 04/12/88



We welcome everyone to submit his/her personal story of recovery - **especially if it is your birthday month.** Leave your "story" at the club – in an envelope marked "for the newsletter"



Trena writes "I first came to the Club about 7 years ago. I went to a few meetings, but just couldn't seem to relate to the people. So I drank and used for a while longer. Finally I came back to the Alano Club. I had about 18 months sobriety. I secretaried a meeting. Then Bobbi (who was kitchen manager at the time) asked if I would be interested in working at the club part time. So I tried it. I did well. Then, I got my first pay check. Wow, money in my hand, I went out and relapsed. I came back to the club after 5 days. Yes, they were upset that I didn't show up for my shifts. But they were also worried about me. They asked what was up and if they could help? I was given a second chance. I have been sober ever since. That was 3 1/2 years ago. I now work at the Alano Club full time. This place is good for me. I'm a people person. I talk with alcoholics on a daily basis. It helps keep me sober. This place and the people here saved my life. I especially like the young people. Some of them are like my kids. Anything I can share with them so they don't go through some of the things I did is a plus."

Please come in and meet **Trena** – she is usually there in the afternoons. She makes everyone feel SO welcome. Next month another "Best Crew Ever" profile!!

The Alano Club invites everyone to share their personal story of sobriety or any other special moments in which the club has played an important role. Please email the club manager or you can leave a paper copy at the front desk at the club. We would love to hear from you!

ALANO CLUB OF THE EASTSIDE 2011 BOARD MEMBERS

PRESIDENT	Lach F.	TWO YEAR	ONE YEAR
VICE-PRESIDENT	Tom A.	Claude R.	Roy H.
TREASURER	Steve L.	Diane K.	Ron L.
SECRETARY	John J.	Rick L.	Summer S.

Minutes From Board Meeting in March**Meeting opened at 7:00 p.m.****Serenity Prayer:** Lach**Roll Call Taken:****Present:** Lach L., Tom A., Roy H., Ron L., Summer S., Diane K., Rick L., Steve L., John J., Claude R., Mike R.**Excused:****Un-excused****Reading of the Minutes; (John J) Motion to wave reading of the minutes. Seconded and Passed.**

TREASURER'S REPORT: Steve reported net club earnings for the month of **February of \$648.39 based upon total revenues of \$16,214.78.** Year to date revenues are reported as \$33,150.30 and Year to Date net club earnings of \$266.46.
Motion to accept Treasurer's report Seconded and Passed.

Manager's Report

- 1. Staffing;** Everything is going smoothly. Best crew by far!
- 2. Purchase and Vender Issues;** We have a new espresso machine parts and repair company. They are quick and reasonable and best of all they are familiar with our machine.
- 3. General Accomplishments;** Bake sale did well and raised \$352.00 – Jam Night coming up in March.
- 4. Club & Grounds short term - maintenance accomplishments and needs;** Wheelchair ramp was overlaid with new plywood and should be good for a year or two. Thanks to Lach and volunteers. Pot holes are filled and parking lot is smooth.
- 5. Club and grounds long term - maintenance accomplishments and needs –** Mike has a bid to build cabinets for gift shop area of café. Insulation of annex needs to be scheduled. New roof on annex needs to be long term goal for club.
- 6. Summary** Good month in kitchen. Thank you all for your effort **Motion to accept Manager's report /Seconded and Passed.**

Club Liaison Report: Ron L. – Meeting starting Tuesday and Wednesday at 7:30 PM**Cup for donations to the club was passed.****Old Business:** Annex flooring resurface was considered**New Business:** Times discussed for an additional meeting at the annex. Times were discussed for possible new meetings. Possibly Thursday evening.**Read List of Members: (Tom) Motion to accept seconded and passed.****Committee Reports:****Newsletter:** - Sandy – President and Secretary to get minutes and President's message to Sandy by 25th of the month.**Yardbird:** - Mike L. – Both Yardbirds and Gardening Committees nothing new to report**Gardening:** Roni. – Both Yardbirds and Gardening Committees thanks to Roy for tree work at the Club. Drainage concerns in the front yard. Need volunteers for weed pulling and clean up first half of April.**Facilities:** Lach F. – Thermostat in annex has become an issue, club will look into a locking cover for thermostat.**Membership:** - AJ. G. – Not Present – no memberships sold at Winter Holidays.**Activities:** Open Position – Summer S. – Jam Night coming at the end of the month**Emergency Preparedness:** - Tom A. – Nothing new to report.**Webmaster:** Kelly – Not Present**Archive:** Adam – Nothing new to report.**Lord's Prayer****Meeting Closed at 7:35p.m.**

In Gratitude,

John J.

4 Alano Club Board of the Eastside – Meeting Schedule

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O	Wake Up Daily	Daily	06:00 am – 07:00 am	Annex
O	Fresh Start	Daily	07:00 am – 08:00 am	Annex
O	Overeaters Anonymous	Tues, Thurs	07:00 am - 08:00 am	Clubhouse
O	Unguided Meditation Meeting	Wednesdays	07:00 am – 07:50 am	Clubhouse
C	SA Meeting	Sundays	07:00 am – 08:30 am	Clubhouse
O	Sober Women	Saturdays	08:30 am – 10:00 am	Annex
O	Overeaters Anonymous	Saturdays	09:00 am – 10:00 am	Clubhouse
O	Eastside Breakfast	Sundays	09:30 am – 11:00 am	Annex
O	Hilltop Breakfast	Mon – Fri	09:30 am – 10:30 am	Annex
O	NA Spiritual Breakfast	Sundays	10:00 am – 11:00 am	Clubhouse
O	Alanon/Search for Serenity Meeting	Saturdays	10:30 am – 12:00 pm	Annex
O	Eastside Nooners	Mon – Fri	12:10 pm – 01:30 pm	Annex
O	High Nooners	Daily	12:00 pm – 01:00 pm	Clubhouse
O	Eastside Nooners	Sat, Sun	12:30 pm – 01:50 pm	Annex
O	Destinos Felices	Sun	01:30 pm – 03:00 pm	Clubhouse
O	Afternooners	Mon – Fri	02:00 pm – 03:30 pm	Annex
O	Grapevine Group	Sat & Sun	02:00 pm – 03:30 pm	Annex
O	Steps Woman's Mtg.	Sat.	03:00 pm – 4:30 pm	Clubhouse
O	Clutterers Anonymous	Thursday	04:00 pm – 05:00 pm	Clubhouse
O	Nicotine Anonymous	Tuesdays	05:30 pm – 6:30 pm	Clubhouse
O	Living Sober	Mon - Fri	05:30 pm – 06:45 pm	Annex
C	Woman of Worth	Thursdays	05:30 pm – 07:00 pm	Annex
O	Sermon on the Mount	Fridays	07:00 pm – 08:00 pm	Annex
O	*Overeaters Anonymous–HOW New	Tuesday	07:00 pm – 08:00 pm	Clubhouse
O	Marijuana Anonymous	Mon, Thurs	07:30 pm – 09:30 pm	Clubhouse
O	Happy Destinies	Fridays	07:30 pm – 09:00 pm	Clubhouse
O	Happy Destinies	Sundays	07:30 pm – 09:00 pm	Annex
O	Narcotics Anonymous	Tuesdays	07:30 pm – 09:00 pm	Clubhouse
O	PSYPC AA Mtg.	Thursdays	07:30 pm – 08:30 pm	Annex
O	Big Book Study	Sunday	07:30 pm – 09:00 pm	Clubhouse
O	*Happy Destinies - Recovery! New Speakers Mtg. Last Weds. of month	Wednesday	07:30 pm – 09:00 pm	Annex
O	Destinos Felices	Monday	07:30 pm – 09:00 pm	Annex
O	Cocaine Anonymous	Tuesday	07:30 pm - 09:00 pm	Annex**
O	Destinos Felices	Wed. & Sat.	07:30 pm – 09:00 pm	Clubhouse
O	Happy Destinies	Saturdays	08:00 pm – 09:00 pm	Annex
O	Essentials Group	Daily	09:30 pm – 11:00 pm	Annex
O	Hilltop Fellowship AA	Wednesday	09:30 pm – 11:00 pm	Clubhouse
O	Hilltop Fellowship Hoot Owl	Fri, Sat	12:00 am – 01:30 am	Clubhouse

C = Closed Meetings for AA Members / O = Open Meetings for anyone seeking help / **Mike R. 206-619-0909**

GSR Meeting of all groups is held on the 1st Tuesday of the month. **Except the 1st Tuesday of the month, business meeting in Member's Room, 7:30 - 9:00 pm. 3rd Sunday of the Month the PSYPC / Winter Holidays Business Meeting is held in the Annex from 5:00 p.m. to 7:00 p.m. 4th Sunday of the Month - All Secretaries Meeting from 5pm - 7pm in the Annex.

Coming Events

**Next Open Mic JAM NIGHT
June 24th, 7pm to?**

Announcement

**BRING YOUR OWN INSTRUMENT / P.A. & AMPS
PROVIDED. A BENEFIT FOR THE ALANO CLUB OF
THE EASTSIDE
A \$5.00 DONATION WILL BE ASKED OF MUSICIANS &
THE BASKET WILL BE PASSED FOR CLUB
DONATIONS.**

Visit

alanocluboftheeastside.org

WISH LIST –

**SOUND SYSTEM FOR JAM NIGHT AND
OTHER FUNCTIONS**

**VOLUNTEERS NEEDED – always call Mike
FINANCIAL DONATIONS – to cover cost of
repairs to the club**