

## Special Interest:

LOOK for our **Friday**  
"Homemade  
**Chowders" & Pizza**  
after 4pm, 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 August to all.** Hope your summer is going well and sobriety remains your top priority.

A friend of mine with years in the program said a few weeks ago that he attends three meetings a week for maintenance, and more for growth. He didn't take credit for this sage notion, but like so many other wise things he has said over the years, it was what I needed to hear at the time.

I imagine like many others first entering the program of AA, I originally came to learn how to stop my alcoholic drinking. Attending several meetings a week, let alone attending them for the rest of my life, was certainly not part of my plan. Over a short period of time, however, I found that attending meetings gave me peace of mind. Hearing other's experiences and sharing mine gave me a sense of comfort. I was not alone in the way I felt or in the stupid things that I had done. Meetings worked, and along with reading the Big Book and working the steps with my sponsor, I would like to believe I actually started to experience person growth.

Then, over the next few years, I started to slack off a bit. I wasn't drinking or even thinking of it, but my serenity level (what little there was) began to drop. That was when my friend shared his philosophy which, as I said before, was exactly what I needed to hear. I must stay connected or I run the risk of falling back into old behaviors which will inevitably lead to a refund of all my misery.

No, going to several meetings a week was not part of my original plan, but neither were the multitude of gifts the program of AA has bestowed upon me. Thank God for AA and for the growth opportunities presented by going to meetings.

**Lachlan F.**

## *Manager's Message*

**Hello Everyone,**  
**It's time for the ACES Barbecue celebration, coming right up on Saturday,**  
**August 13th.**

Once again we'll be having fun in the sun (we hope the sun graces us), having a delicious BBQ, listening to great tunes, fellowshipping and winning raffle prizes. If you are not already a member of the Alano Club, we'll be having some "new member specials" too.

I wish to express my gratitude to the organizers of the "3rd annual Ed Shaw poker run and barbecue" for making us the recipients of the proceeds for their event this year.

I hope you are all having a great summer and I hope to see you here at the club real soon.

Mike R.

**Annual Alano Club of the Eastside General Membership Open Board Meeting to be held on Wednesday, August 10, 2011. All members are encouraged to attend**

**MEMBERSHIP DUES:**

*Help support the Club*

Regular Monthly: \$20/month  
 Senior/Junior  
 (over 65 or under 18):  
 \$10/month  
 Non-Resident: \$25/year  
 (outside King County):  
 Annual rate is \$200 saving  
 you \$40 off the monthly rate.  
 Membership applications are  
 available at the Club or online  
[alanocluboftheeastside.org](http://alanocluboftheeastside.org)

**WEBSITE RESOURCES**

[Eastsideintergroup.org](http://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](http://Seattleintergroup.org) widens the  
 scope of possibilities for  
 meetings and service.

[Seattleaa.org](http://Seattleaa.org)

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

[The AA Grapevine](http://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](http://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](http://Sobersoftball.com)

**\*\*Puget Sound Young Peoples\*  
 Council** is a group that has  
 been putting on sober events  
 in our area for over 30 years.  
 PSYPC meets here at the club  
 on the 3<sup>rd</sup> Sun. of every month  
 at 5pm & there are many  
 opportunities for service and  
 fellowship through [PSYPC.org](http://PSYPC.org)

Welcome New Members

Charlie S.  
 Ed H..  
 Sandy P.

Jason I.  
 John F.

Ian A.  
 Mike O.

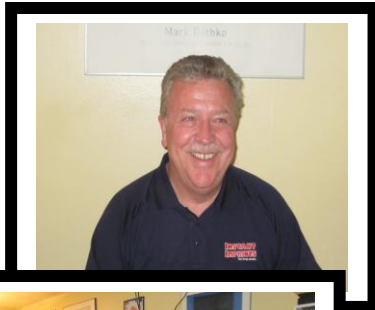
Jeff J.  
 Amy H.



AUGUST AA Birthdays

|           |          |            |          |            |          |
|-----------|----------|------------|----------|------------|----------|
| Cy K.     | 08/21/74 | Pat R.     | 08/07/84 | Eileen M.  | 08/23/76 |
| Emery B.  | 08/17/02 | Mike R.    | 08/18/00 | Mickey Z.  | 08/18/89 |
| Patti B.  | 08/06/09 | Richard L. | 08/23/09 | Robert G.  | 08/24/07 |
| Ronald L. | 08/08/98 | Wes P.     | 08/15/71 | William W. | 08/11/63 |

**Introducing the 'BEST BOARD EVER' Alano Club Board. The Board meets the Second Wednesday of each month. All members are welcome to attend these meetings.**



**John** has been an Eastside resident for 22 years. His association with the Alano club began in January of 2010. He is currently serving as the Secretary on Club's Board of Directors. He came into the Alano club voluntarily after hearing about it from the AA Hotline. For John the chance to serve on the Board was seen as a great opportunity to stay connected to the Club, the Program, and to his Higher Power. John has served as a Secretary for meetings in the Alano Club Annex as well as other AA locations on the Eastside. It is his belief that serving AA helps to keep him sober, one day at a time.

**Hi, my name is Kiana** and I live in Oregon. Before I moved down here, I lived in Bellevue and attended ACES and, for a few years, I did the newsletter. Working as a part of the ACES team was instrumental in helping me to stay sober. At the time, I was court-ordered to attend AA meetings. Naturally, in the beginning, I complied with the court's wishes. However, over time I made friends and identified something about myself in nearly everyone. It created a bond that I sometimes really miss being so far away from what used to be my home. Currently, I am married with two kids: Mikayla (5) and Joseph (3). Along with my husband, they help to keep me on track and always looking to better myself from where I used to be. Thank you for taking the time to read this, and more importantly, for being there when I needed you...as I'm sure you're there for others who need a helping hand. God bless.

# Alano Club Board Meeting Minutes, July 13, 2011

## **ALANO CLUB OF THE EASTSIDE 2011 BOARD MEMBERS**

|                       |          |                 |                 |
|-----------------------|----------|-----------------|-----------------|
| <b>PRESIDENT</b>      | Lach F.  | <b>TWO YEAR</b> | <b>ONE YEAR</b> |
| <b>VICE-PRESIDENT</b> | Tom A.   | Claude R.       | Roni U.         |
| <b>TREASURER</b>      | Steve L. | Diane K.        | Ron L.          |
| <b>SECRETARY</b>      | John J.  | Rick L.         | Summer S.       |

MEETING OPENED AT 7:00 P.M.

SERENITY PRAYER - Lach F

ROLL CALL - Lach F

PRESENT - Lach F., Steve L., John J., Summer S., Tom A., Ron L., Claude R., Diane K. Rick L

EXCUSED - Roni U UN-EXCUSED - None

READING OF JUNE MINUTES – Lach F

Motion to amend June minutes to read “extend free membership to all volunteers who put in over 8 hours of work on remodel of Annex”

**Motion to accept amended minutes made by Steve L and seconded by Claude R. Motion passed 6 for, 0 against, with 3 abstentions**

TREASURER’S REPORT – Steve L

Steve reported net club earnings for the month of June was \$956 based upon total revenues of \$16,515.49. Year to date revenues are reported as \$98,964.84 and Year to Date net club earnings of \$1,045.32 **Motion to accept Treasurer’s report made by Claude R and seconded by Tom A. Motion passed 8 to 0 with 1 abstention**

Alano Club’s current Prudent Reserve was discussed by the Board; current prudent reserve will cover 3 to 4 months of the Alano Club’s current operating expense.

MANAGER’S REPORT – Mike R

Staffing - Community service people doing good work, employees are doing well – best crew eve

Purchase and Vender Issues - Pepsi vendor meeting set for next week to discuss how to become more profitable using Pepsi vendor services. Cut back on Cintas and Pacific Breeze vendors to reduce costing.

General Accomplishments - Photos loaned from AA archivist to be reproduced for annex and donated by member of Alano Club

Club & Grounds short term – Annex remodel completed, some final decorations for walls to be addressed during July

Club and grounds long term – Discussion of water drainage system in parking lot, possible block apron near current drainage to reduce parking area stone cover from getting into drainage system

Summary – This afternoon I met with the son and daughter of Hub Rice, one of the Alano Club of the Eastside founders, who seemed happy with the state of the club. We talked about the history of the club and about planting a tree in Hub’s memory.

**Motion to accept Manager’s report made by Steve L and seconded by Rick L. The motion passed 8 for, 0 against, with 1 abstention**

Motion to put Roni on check signature card and remove Roy passed 8-0, 1 abstention

New members; Randy S Randy B David P Patti B Robt B James W Dan W Richard M Allan B Elizabeth A Pamela S New members accepted Rick, second Tom passed 8-0-1

OLD BUSINESS – All No Old Business to discuss at this time

NEW BUSINESS – All

**Motion was made by Steve L and seconded by Tom A to make Roni U a signatory on the club checking account and to remove Roy as a signatory on the account. Motion passed 8 for, 0 against and 1 abstention**

New Alano Club members for the month of June were read into record. They are Randy S, Randy B, David P. Patti B, Robert B, James W, Dan W, Richard M, Allan B, Elizabeth A, Pamela S **A motion was made to accept the new members into the Alano Club was made by Rick L and seconded by Tom A. The motion passed 8 for, 0 against and 1 abstention**

The Board discussed the possibility that during the upcoming August BBQ a special membership rate be offered to new members to the Alano Club that join during the August BBQ. This special membership rate is to be: \$100 – 6 months membership \$200 – 14 months membership

**A motion to accept these membership rates for new members joining the Alano Club during the August BBQ was made by Tom A and seconded by Steve L. The motion passed 8 for, 0 against, 1 abstention.**

The Board also discussed donations for an auction to be held at the August BBQ. All members of the Alano Club and of the AA fellowship are urged to look for donations for sporting event tickets, dinner’s discounts, car wash tickets, and any other items that can be used to raise fund for the Alano Club during the raffle to be held in conjunction with the August BBQ.

**Annual Alano Club of the Eastside general membership open Board Meeting to be held on the second Wednesday of August of 2011. All members are encouraged to attend. (August 10<sup>th</sup>)**

SERENITY PRAYER – Summer S MEETING CLOSED AT 7:52P.M.

In Gratitude, John J. Alano Club Secretary

# Alano Club of the Eastside – Meeting Schedule

12302 NE 8<sup>th</sup> Street, Bellevue, WA 98004, (425) 455-5700 • [www.AlanoClubOfTheEastside.Org](http://www.AlanoClubOfTheEastside.Org)

|   |  |                  |                     |           |
|---|--|------------------|---------------------|-----------|
| 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 (Spanish speaking AA)                                       | 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 <b>New</b>   | Tuesday          | 07:00 pm – 08:00 pm | Clubhouse |
| O | Marijuana Anonymous  | Mon, Thurs       | 07:30 pm – 09:30 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! <b>New</b><br>Speakers Mtg. Last Weds. of month | Wednesday        | 07:30 pm – 09:00 pm | Annex     |
| O | Destinos Felices (Spanish speaking AA)                                       | Monday           | 07:30 pm – 09:00 pm | Annex     |
| O | Cocaine Anonymous  | Tuesday          | 07:30 pm - 09:00 pm | Annex**   |
| O | Destinos Felices (Spanish speaking AA)                                       | Wed. Fri. & 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.

## **SPECIAL IMPORTANT** **MEMBER MEETING** **NOTICE**

The mid-year general membership meeting will be held on **WEDNESDAY AUGUST 10th at 7pm** in the annex. All members and non-members are invited.

*The Alano Club of the Eastside's*

**1973 38 2011**  
**YEAR BIRTHDAY**  
**SUMMER BARBECUE**

**SUN SATURDAY, AUGUST 13th**

**1:00PM – 5:30PM**  
FUN FOR ALL

*Barbecued Meats, Salads, Sodas, & Desserts!*

*All for \$7.00 donation!*

*Great Raffle Prizes and Membership specials!!*

**MUSIC BY DJ BIZZEL**

**& LIVE ACOUSTIC ARTISTS**

*All Donations and Raffle Proceeds go to*

*Benefit the Alano Club.*

12302 NE 8<sup>th</sup> STREET, BELLEVUE WA 98005.

*Barbecued Meats, Salads, Sodas, & Desserts!*

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

CALL 425-455-5700 / 206-619-0909.

**DON'T FORGET THE EASTSIDE INTERGROUP PICNIC ON AUGUST 28<sup>th</sup>**  
[eastsideintergroup.org](http://eastsideintergroup.org)