

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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President's Message

Well, June is here and according to my calendar, summer is right around the corner. Sixth month - I suppose the sixth step is a good topic.

This step says I need to be ready in order to have God remove my character defects, but am I willing to let go of everything I admitted was objectionable? How do I know if I'm ready and willing? For me, a key to knowing this is to reevaluate if I have completely surrendered.

In all honesty, when I evaluate where I am right now, I must admit that there remain in me character defects which linger on, defects such as expectations of others and a propensity to try to impose my will on them. These defects of mine are as familiar as an old pair of shoes, but also just as worn out. The good news?

The program has taught me not to be too hard on myself, that it's progress not perfection. It is acceptable that these defects are still here as long as I continue to humbly ask my Higher Power's help in removing them.

Guess I just need to keep working on surrender, and improving my contact with my HP through prayer and meditation. At least I am aware of my shortcomings, trying not to be too defensive, and I am truly ready and willing to be rid of them... they just happen to be lingering on longer than I expected. Have a great summer!

Lachlan F.

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.

Manager's Message

Hello Everyone,

Wow! May has been a busy month. I went to talk to a man about new carpet and now we have a brand new room. Awesome!!

If you haven't seen the recently remodeled annex meeting room, come check it out. A lot of work went into it.....let me tell you. Special thanks to Mark V. for his planning and resourcefulness in the execution of this project.

I could try and thank everyone who helped but I always leave someone out and get in trouble. So let me just say that thanks to a Higher Power and several donations of time, planning, energy, and labor as well as money, materials, and skill, a fantastic job was done on our annex room. Makes me smile!

I want to thank all of our wonderful groups for their patience during the process. Finishing touches are being added as I type. This did cost the club a bit of money over and above the donations we received so further donations would be happily accepted.

This coming month is **JAM NIGHT! On June 24th**; come to the new room and partake in an awesome display of amateur and professional playing by smiling and happy, sober jammers. A good time will be had by all!

See you there and see you here,

Mike R.

Next Board Meeting will be on Wednesday, June 8th, 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

www.eastsideintergroup.org
.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 35 years.
There are many opportunities
for service and fellowship
through PSYPC.org

Welcome New Members

Robert B.
Mike S.

Mike K.
Randy W.

Scott S.
Bob B.

Zach R.

**JUNE AA Birthdays**

Anna S. 06/26/07
Summer S. 06/14/07
Pablo C. 06/29/91
Scott F. 06/10/03

Bob P. 06/20/94
John P. 06/24/07
Roger B. 06/19/89
Polly S. 06/13/74

Cindi G. 06/21/08
Nat W. 06/24/06
Ross B. 06/04/86

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")

ACES CAFE**"Best Crew Ever"**

Mike R. - Manager

Introducing – Scott

" . . . Born in 1960 in Washington. Both sides of my family were plagued with alcoholism. By age 6, I was drinking and smoking pot. My parents hosted a Christmas party and I heard the laughter change as the evening progressed. I figured out it was what they were drinking that changed them from 'happy to be here' to ecstatically laughing. I wanted to feel ecstatically happy too! I got a drink and did not feel different, so I got another. Twice the amount. The bed spun and I got sick and felt terrible. This set the pattern of my drinking. Trying to drink enough for the effect, but avoid the consequences. I tried many ways to control my drinking. Controlling the amount - this much, no more. Only drinking beer, need to stop at this time, I'll only buy this much, etc.

Neither inpatient nor outpatient treatment worked. Family and friends abandoned. I was drinking alone. Eventually, I was living under bridges in station wagons and homemade canopies on pick up trucks. When my chest started hurting, I knew the answer to that problem. The same answer as always. Drink more. Alcohol constricts blood vessels. I had drunk my arteries shut. Two weeks in the ICU. With all of my resolve I knew I had to quit. Three weeks later, I returned to the same hospital in the same condition. I watched the doctor and nurse filling out the death kit, toe tag, black bag etc. I was scared; I did not want to go into that black bag. I did not want to meet God having lived the way I had, having done what I had done.

In desperation, I found the Alano Club and spent a lot of time there. All day long, every day. For months I dreaded leaving for fear I would drink again. I met people and watched them grow; saw that what they were doing worked. I wanted what they had. I became willing. I asked for help.

I have come to believe that it was not the person that I asked for help that saved me but instead that it was God working through him/her that helped me. And that He helps me to help others. I am eternally grateful to those who lead me to the new answer and solution to life's problem.

In the 14 years of my sobriety, I've gone through happy, sad and stressful times – in other words **life**. Alcoholics Anonymous and the fellowship and support here at the Alano Club have kept me sober and offered me hope of lifelong sobriety. **May God be with you always. Scott**

"Scotty", as he is often affectionately called, is the Alano Club's "Go To Guy" for many tasks, primarily because he is ALWAYS willing to help do WHATEVER NEEDS TO BE DONE. Scott, keep up the great work attitude!

Next month another Club

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.

Meeting opened at 7:00 p.m.

Serenity Prayer: Lach

Roll Call Taken:

Present: Lach L, Claude R, Roy L, Summer S, Diane K, Rick L, Virginia C, Adam C, Mike R, Ronnie Ron L, Phil **Excused:** John J, Steve L, Tom A **Un-excused:** none

Reading of the Minutes; (Lach) A motion was made to wave the reading of the minutes as printed in newsletter. Motion was seconded and passed.

TREASURER'S REPORT: We had a loss from operations in April of (\$244.21). Year to date profit from Operations is \$584.75. After deducting small extraordinary loss we have a net profit for the year to date of \$482.11.

We had a decrease in cash balances of \$3,420.59 for the month. This was mostly due to payment of accrued quarterly state payroll taxes of \$2241.67 and an increase in inventories of \$904.00

We received a donation in May of \$4,000 to be applied to the cost of the Annex remodel. This cost and the donation will appear on next month's report. **Motion made to accept the Treasurer's report seconded and passed.**

Manager's Report:

1. **Staffing issues** Sad to report that Steve K. has moved on from the club. Happy to report that he is doing well and has taken a position as a counselor at a local treatment center. We have retained his chowder recipes. We have two new employees, Jonny C. and Deborah B. and Mary S. is filling in part time. **Best Crew ever!**
2. **Purchases and vendor issues** I am working with a couple of our vendors to help get costs of supplies down as Steve has pointed out that this is a problem area.
3. **General accomplishments** Prices went up around mid-March and this should continue to be a factor in our bottom line. Jam Night is scheduled for the last Friday of June.
4. **Club and grounds short term maintenance accomplishments and needs** Remodel of annex. Lach will report.
5. **Club and grounds long term maintenance accomplishments and needs** I still would like to see cabinets in café area. We do have a member who has volunteered to donate towards this project.
6. **Summary** A small loss but a good month overall. We need to try and squeeze in an event for the end of the month. Any ideas are welcome. Talk to me after the meeting or call me.

Mike R.

Motion to accept Manager's report. Seconded and Passed.

Club Liaison Report: (Ron L) – Nothing to report. **Cup for donations to the club was passed.**

Old Business: Old facilities projects to be covered under facilities report

New Business: Read list of Members: (Summer S) Welcome new members! Motion to accept new members seconded and passed.

Committee Reports: Newsletter: - Sandy not present but everything looks great! **Yard bird:** - Mike L. non present

Gardening: Roni. – Thank you to Scotty and Phil for their work on the rose garden! **We recently planted new roses in memory of Floyd - one called "Easy Does it" and "Scent From Heaven".** Many new perennials have been planted as well as a Lilly of the Valley from Enid's Garden. Weeding has started and mulching is next. **Please remember that we solicit and appreciate donations to the garden all year long.**

Facilities: Lach F. - We received an anonymous donation of \$4,000 to go towards remodel of the Annex. We in turn received an amazing bid for \$4275 to do the work which includes new dimmable florescent track lighting, cabinets, skylights, carpeting, paint, and tables. We would like to take this opportunity to also get new baseboard heaters and repair the landing area in the room and install the much needed entry way railing. This would increase the bid by \$1225. So we are asking the board to approve the \$275 of the bid not covered by the donation plus the added project of the heaters and landing for an additional \$1225 for a total amount of \$1500. This additional amount approved would come out of our prudent reserve. A subcommittee of board members would be assigned to oversee the project and work with the contractors.

Motion: **Let this project be approved; that \$1500 be pulled out of the emergency prudent reserve; with a subcommittee of Mike, Tom A, and Roy, to approve work before it happens. Motion was passed unanimously.**

Membership: Summer S_– Getting familiar with my new role and will be working with others to do some brainstorming on how we can build membership. **Activities:** Open position/ **Emergency Preparedness:** Tom A. Not present/ **Webmaster:** Kelly Not present.

Archive: Adam - nothing new to report

Lord's Prayer

Meeting Closed at 7:43p.m.

In Gratitude,

Summer S. (filling in for John J.)

4 Alano Club 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	Daily	05:30 pm – 06:45 pm	Annex
C	Woman of Worth	Thursdays	05:30 pm – 07:00 pm	Clubhouse
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	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 / 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. If you want to start a new meeting or edit info, call **Mike R. 206-619-0909**.

Coming Events

**Next Open Mic JAM NIGHT
Friday, 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