

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

When fairly new to the program, I heard it said that "expectations are time release resentments". The meaning of this escaped me at that time. But after getting a sponsor, working the steps and attending many meetings each week, I began to understand that my serenity is tied in large part to how well I reduce my expectations.

If I continue to expect certain behaviors from others, especially those most close to me, then I am most certainly on the path that arrives at resentment in the near future. Learning to accept things, more as they are rather than as I would like them to be, is the key as Dr. Paul so eloquently refers to on page 449 of the Big Book, 4th Edition.

Sometimes it seems overwhelming that on top of all my other character defects that expectations are yet another defect with which to deal; but I must be patient with myself, work through it and remember I didn't get in this mess overnight.

As long as I stay sober and work the program, I am making progress and that is good enough. Seeking perfection would only be an expectation that would lead to resentment!

Happy May to all!

Lachlan

## **Manager's Message**

***Hello Everyone,***

April has come to a close and although the weather hasn't been the best, things are good at the Alano Club. Regardless of the rain, many of the flowers are beginning to bloom around the club. This is promising!

I am sad to say that our long time cook and counterperson, Steve K. has moved on to another job. He's going to be missed around here after 3 years but thanks to the AA program and hard work in school, he has been able to move into a new and promising professional career.

We are going to miss Steve. On the bright side, he has left several of his outstanding recipes (best chowder around) here for us to continue to serve. Thank you Steve!

I have spoken to many newcomers to the AA and Al-Anon programs this month, and it is so uplifting and inspiring to see the progress they are making as sober men and women. I am gratified that our club has been able to be a part of that. After all, that's what we are here for!

Thanks to you all for being part of the Alano Club of the Eastside,  
Mike Rain

[Visit alanocluboftheeastside.org](http://www.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](http://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](http://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](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.  
There are many opportunities  
for service and fellowship  
through **PSYPC.org**

**Welcome New Members**

Carsen P.  
John J.

Eric C.  
Phil K.

Edward M.  
Kirsten S.

Linda M.



**MAY AA Birthdays**



Carina H. 05/28/00  
Roy H. 05/29/87  
Pat S. 05/20/77  
John C. 05/29/82  
Tom A. 05/29/05

Donald C. 05/12/81  
Sandra W. 05/26/95  
David H. 5/17/75  
Joseph A. 05/01/07  
Claude R. 05/24/89

Heidi K. 05/29/89  
Steve L. 05/12/88  
Gary M. 05/05/77  
Steve T. 05/30/00

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**



**Mike R. - Manager**

**You will be missed!!**



**Steve K. - "Best Soup Maker Ever"**



**Thank You Steve! GOOD LUCK!**

*Congratulations Steve! We will miss your great tasting menu items. We wish you success in your new career. You are a wonderful example of the important part the ACES Café plays in helping alcoholics get sober and rebuild their life.*

When I first came to the Alano Club 3 1/2 years ago, I had only two things left: a need for a change in my life and the desire to stop drinking.  
The job, money and friends were all gone and I was sleeping in my car. I have been able since then, with the encouragement and support of my friends in the fellowship of A.A. and the financial support of D.V.R., to earn my degree in Chemical Dependency counseling as well as 3 1/2 years of sobriety.  
For that I will be eternally grateful but now it is time for another change. I have accepted a counseling position in Mountlake Terrace and have left my cooking duties at the club.  
To all my many friends, "See you in a meeting!" To any newcomers, "Keep coming back, it works". Steve K.

*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!*

Next month another "Best Crew Ever" profile!!

**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.	Roy H.
<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

Roll Call Taken: John J

Present: Lach F., Steve L., John J., Summer S., Tom A., Ron L., Claude R., Diane K., Roy H

Excused: Rick L

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 \$562.50 based upon total revenues of \$17,208.81.** Year to date revenues are reported as \$50,359.11 and Year to Date net club earnings of \$828.96 **Motion to accept Treasurer's report Seconded and Passed.**

**Manager's Report**

- Staffing;** Mike R not in attendance. Manager's report read by Lach F.
- 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.
- General Accomplishments;** Bake sale did well and raised \$352.00 – Jam Night coming up in March.
- 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.
- 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.
- Summary** Good month in kitchen. Thank you all for your effort

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:** Annex flooring resurface was considered

**New Business:** Annex hand rail by stair, flooring and ceiling tiles for annex discussed, carpet tiles for annex

**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 25<sup>th</sup> 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. Some plants have been replaced due to winter damage. Roy may plant some bulbs for this fall's planting

**Facilities:** Lach F. – Nothing to report this month

**Membership:** - Membership position is now held by Summer S

**Activities:** Open Position – this is a great opportunity for service and it is currently open

**Emergency Preparedness:** - Tom A. – Nothing new to report.

**Webmaster:** Kelly – Not Present

**Archive:** Adam – Nothing new to report.

Lord's Prayer

Meeting Closed at 7:43p.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" <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	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! <b>New</b> 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](http://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**