

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

Hi Everyone,

It's February and Step 2 has been suggested by my lovely bride as a fitting topic for the second month of the year.

Clear in my memory are the days 11 years ago when I finally came to believe that a power greater than myself could restore me to sanity. Sitting outside back then, completely overwhelmed, I had finally hit my bottom.

Very new to the program and without a sponsor yet, I knew in my heart that I was powerless over alcohol and drugs, that my life had clearly become unmanageable. On the verge of losing my immediate family, with an employer who was starting to ask questions which I was running out of new lies to answer, and still clinging to the belief that everything would be OK if everyone would just leave me alone, I was finally ready to seriously attempt surrender.

For probably the first time I actually said a prayer through which I asked for nothing but help, any help, to keep from giving up on life.

Over the next few days, a series of events commenced to take place; changes that I could never have imagined nor ever brought about on my own. I truly believe these changes were nothing less than divine. As a result, I started to feel hope, no longer felt the need to cover up at work, and commenced to realize that I was the one who needed to change.

A belief started to emerge that, through the simple act of turning my will and life over to my Higher Power, everything would turn out for the better.

Though obviously there is much more to working a good program, to this day, time and again without fail my Higher Power has restored me to sanity in direct proportion to the amount that I am able to turn things over to Him.

Lachlan F.

Manager's Message

Hello Everyone,

Today I am grateful for the **Alano Club of the Eastside** because I just got out of the Al-Anon meeting that I attend on Saturdays at 10:30 and I heard some good stuff!

I'm so glad we have this meeting here as it is my Al-Anon home group. I've been a member of Al-Anon almost as long as I have belonged to AA. They both serve me so well in my position of manager at the club. Without being too specific the meeting was about the Al-Anon slogans, many of which are the same as AA's slogans. These slogans are useful to me on a daily basis.

Keep it Simple is always a good one because it works in all areas of life. I tend to complicate things so this slogan is a faithful and constant companion.

Live and Let Live today reminds me to live my life doing the best that I can and allow others to experience their own lives without my interference. Without the practice of this one I find myself trying to get invested in other people's business and find myself neglecting my own. There are so many good one's.....but I would be remiss to not mention.....

Let go and Let God: When I practice this slogan, things go so well because when I let my higher power open the way instead of pushing my own specific agenda, it ALWAYS comes out better for everyone. Enough said!

Thanks to everyone who made **Jam Night** such a success this month and a special thanks to Doug S., Adam C., and Scott I. for their work in also making the **DVD, Book & CD** sale successful. The two events raised some needed funds for the overall maintenance of the club.

Look for a **Super Bowl Party** and a **Bake Sale** this month.

Also pick up a flyer or go to PSYPC.org for the *Winter Holidays Convention February 25, 26, & 27 at the Bellevue Hilton Hotel*. We'll have a table there and some membership specials will be available. Check out our website at alanocluboftheeastside.org!

Thank you,
Mike R.

***Next Board Meeting will be on Wednesday, February 9, 2011,
7:00PM in the Member's Room. All are welcome and encouraged to come.***

MEMBERSHIP DUES:

Welcome New Members

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

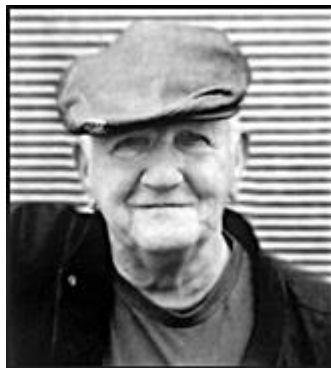
****Puget Sound Young Peoples*
 Council** is a group that has
 been putting on sober events
 in our area for over 30 years.
 There are many opportunities
 for service and fellowship
 through **PSYPC.org**

Aric C. Christian W. Kevin S.
 Phil L. Russell M. Felipe H.
 Rob E. Doug E. Mike L.

FEBRUARY AA Birthdays



Adam C	02/07/01	Donna M.	02/06/67
JoAnn P.	02/22/94	Bob P.	02/12/94
Michael N.	02/08/00	Nancy S.	02/09/10
Rod C.	02/11/74	Roger L.	02/22/82
Susan C.	02/26/07	Wendy R.	02/20/91



**Floyd Christy –
 long time member of the
 Alano Club passed
 away December 25th
 2010 at age 82**

Floyd Christy passed away peacefully on December 25th at the age of 82. Floyd was born in Portland OR.. He was a scrapman, trucker and a plumber. He served in the Army but was best known for his enthusiastic love for his twelve step program.

For 54 years this fellowship was the heart and soul of his existence. "Papa Floyd" touched thousands of lives. He helped start Narcotics Anonymous, had a very successful Halfway house, and did lots of 12 step work.

Floyd's loving and flirtatious manner made everyone love him. He really knew how to make you feel special. He loved classical music, playing cards, going to meetings, flirting, and going for long rides with his beloved wife Ruth. He is survived by his wife Ruth, son Mark Christy and wife Debbie, daughter Dana Collins and her husband Kevin and his four grandchildren Jeremiah, Kevin, Joseph and Ruthie. He will be sorely missed.

A celebration of his life will be held on **January 30th at the Sons of Norway in Bremerton Wa at 2:00.**

And also on **February 5th at St Thomas Episcopal church in Medina at 2:00.**

Please bring a dish to share and a story to tell. A memorial fund has been set up in Floyd's name at Wells Fargo to help with final expenses.

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 Board Meeting Minutes, January 12, 2011

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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 7:02 p.m.

Serenity Prayer: Lach

Roll Call Taken: John J

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

Excused: Roy H.

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 **December** were \$865.00. Net Club Earnings for the month including Extraordinary Income/Expenses were \$(397.00). Total Year To Date net earnings were \$(5,457.00). YTD Net Earnings including extraordinary income and expenses were \$(8,222.00). **Motion to accept Treasurer's report Seconded and Passed.**

Manager's Report

Staffing; Everything going smoothly. Best crew by far!

Purchase and Vender Issues; John J and I have started to plan the printing of a new menu. I'm planning to raise all item 25 cents across the board.

General Accomplishments; Great Christmas and New Year's alcohons. Festive, lively and busy around the club and café. Basket sale event was a great idea and did well. **(Jam Night and DVD/Book sale for February.)**

Club & Grounds short term - maintenance accomplishments and needs; Going to start seriously looking for replacement carpet for annex. I think that's important for Spring. We need someone to move parking blocks back into place.

Club and grounds long term - maintenance accomplishments and needs; I have a bid to build cabinets in café area. Insulation of annex above ceiling tiles.

Summary Pretty good month overall! Thanks for everyone's service and welcome to the new board members.

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: Texas Hold 'em tournament discussed. Board of Directors was polled regarding their views on Texas Hold 'em tournament. Tom A will look further into issues regarding potential tournament and report back to Board of Directors at February meeting. Motion to further review possible tournament to be studied. Club Board member passed 6 to 2 with 1 abstention.

New Business:

Check Signers? – Issue of who can sign club checks was brought before Board.

Motion to have Steve L, Lach F, Tom A, Roy H and Ron L as approved signatures passed unanimously.

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 are on hold during winter months

Gardening: Roni. – Both Yardbirds and Gardening Committees are on hold during winter months

Facilities: Lach F. – Current issues of annex flooring and ceiling replacement and/or upgrade were discussed as well as the need to assess the current state of the wheelchair ramp.

Membership: - AJ. G. – Not Present

Activities: Open Position – Summer S. reported that the committee is looking into holding an April Fools' Day bingo tournament.

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

Webmaster: Kelly – Not Present

Archive: Adam – Display case for club to be built should space allow.

Lord's Prayer

Meeting Closed at 8:32p.m.

In Gratitude,

John J.

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	Meditation In Recovery (informal)	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 Mtg.	Saturdays	10:30 am – 12:00 pm	Annex & Clubhouse
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	PSYPC AA Mtg.	Tuesdays	07:30 pm – 08:30 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
*	This spot open /Call Mike 206-619-0909	Wednesday	07:30 pm – 09:00 pm	Annex/AA Preferred
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.

Announcement!!

**Next Open Mic JAM
NIGHT March 25th**

*WE HAVE AN OPENING IN OUR SCHEDULE FOR A NEW AA MEETING. WEDNESDAY NIGHT 7:30 to 9:00 IN THE ANNEX/ CALL MIKE @ 206-619-0909

WISH LIST –

PA/SOUND SYSTEM FOR JAM NIGHT AND OTHER FUNCTIONS
VOLUNTEERS NEEDED – call Mike
FINANCIAL DONATIONS – to cover cost of repairs to the

Coming Events

BAKE SALE

Watch for the
Book/DVD/CD
Sale