



LLLAC Newsletter



1730 Monroe Ave. San Diego 92116
619-298-8008
www.lllac.org

April
2015

Live and Let Live Alano Club

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Easter Bonnet Social

On Sunday April 5 from 1:00-3:30 PM the club is hosting its annual Easter Bonnet Social and pot luck. It is an event the community can come together to enjoy creativity, fellowship, and great food. There are prizes for the top three bonnets. There is even a category for best Easter Bonnet . There will be a 50—50 drawing.



The LLLAC BOD cordially invites interested members to attend the monthly board meeting the third Saturday of each month at 5:00 PM.

The board is looking for volunteers to staff the club and to work behind the coffee counter. Please fill out an application at the coffee counter.

Things the Board would like to have Donated

- Color Laser Printer
- New Sound System
- HTMI Cable
- Lap Top Computer
- 11x17 capacity printer

Meeting Updates

Clutterers Anonymous joins our meeting family at the club. Weekly meetings will be Tuesday afternoon from 2:00 to 3:00. This brings the total number of meetings at the club to 47.

A new **CODA** meeting also joins the family, Thursdays at 7 PM. The only requirement for membership is a desire to have healthy relationships. Please join us and help spread the word!

The Thursday 8:00 PM **BUTTS OUT** meeting held at the LLLAC needs support. Dave Smith's scrumptious and freshly baked gourmet cookies complete the intimate setting.

APRIL Birthdays

Dawn F.

Pat C.

Patrick D.

Bruce G.

Henri J.

Matt B.

Steven B.

David T.

Jack S.

Rick H.

Mark F.

Laura S.

Christopher C.

Meet the Board John Fuldner: AKA Choo Choo

The night I was born in '56 was one of high wind and wild portent in St. Louis. The remainder causes a dull throbbing 'tween my ears. However, Monday, March 13, 2006 was my first day sober. That day ended with me in an ER wondering how I got there. My long time friend, who's been sober for 30+ years, recommended I attend an AA meeting at the Live and Let Live Alano Club. My sponsor later recommended I become a member of LLLAC to help keep the doors open and lights on for future alcoholics in need.

My first service job wasn't working behind the coffee bar,

nor cleaning restrooms, nor sweeping; it was to chair an annual gala planning committee. (Talk about baptism by fire!) I must not have been too terrible, as I was asked to do it again the following year. The rest of my service to the club is as a member of the Board of Directors.

My home is about 3 miles east of downtown San Diego, under the approach path to the airport!! I live there with Miss Kitty and two roommates. Classic Cars and Commemorative Coins keep my mind occupied, and my wallet empty! You may have seen me tootling about town in Beulah ('48 Buick Super convertible),

Thelma ('56 Thunderbird), or Rhoda ('76 Rolls Royce Silver Shadow) from time to time. As a member of Great Autos of Yesteryear (G.A.Y.), I enjoy kibitzing about old cars and their times with my fellow members.

None of this would be possible without sobriety, and the love and support of those in A.A. and Live and Let Live Alano Club.



32nd Anniversary of the LLLAC

The Live and Let Live Alano Club is planning a special community event to honor our 32nd anniversary. It will be a barbeque in May. It will be a free event for all members to show our apprecia-

tion for your consistent support. If you would like to be involved in the planning of this event, please contact David Perez at the club. Listen for announcements about the planning meetings

and the date of the party.

April Chili Cook-Off



The club is holding a chili cook-off and tasting fundraiser Saturday, April 25th from 5-7 pm. \$10 donation or \$5 contestant fee.

Rinse off your beans, get out your crock pots, special sauces, and chile peppers, and bring your appetite.



Welcome David H. as the Volunteer of the Month of April

Meet the Board: David Perez AKA: Mz Perez

I am 38 years old (lie!) and I have 12 and a half years sobriety. I have been on the GMSR board, Stepping Stone board and am a successful alumni of Stepping Stone. In the past, I was a 5 year board member of the LLLAC. I also chaired on the Feeling Good Board for 4 years. I work at UCSD as a patient ambassador, which is a spiritual way of me giving back to a spiritual need for people who need help. I also work at Sycuan Casino for the last 5 years entertaining in drag every other Saturday. It is a sober event so people are

invited to come and have fun sober.

I returned to the LLLAC board because of Ella Rose and Rodney Morris. I look forward to having fun and to giving back more to the community, making more money for the club, and having a lot more fun. When members of our club show up, things can get fun. My plans on the board are to have fun, to step up the coffee lounge, and to be more of a sober person at the best San Diego Alano Club in the State of California (Google

it!).

I know there is a lot of animosity, grief, and poor judgment towards the club and membership and would love to resolve that in an effort to become a more cohesive group.

If you have any questions, please feel free to come up to me and talk with me.



March Rummage Sale



Thank you Arlene and to everyone who helped make the March rummage sale a huge success. We appreciate all your donations and keep us in mind because we will have more rummage sales in the future. Rodney, you rock **ROCK!**

Editorials

Ron S., our loyal barista, shared he is excited to see the new Board of Directors. They bring a positive energy and a cohesive mood that is refreshing. Under their direction, all of the pieces are coming to-

gether. When else has there been four board members at the club on a Tuesday afternoon working on various projects? Robert T. is doing an excellent job building bridges with other groups in our commu-

nity. Other board members are working on fundraising events, membership drives, communication with members, and bringing fun and activity back to the club. If you haven't checked out the club lately, you might want to stop by and consider becoming a member.

I know that there is a lot of animosity, grief, and poor judgment towards the club and membership and would love to resolve that in an effort to become a more cohesive group.

The LLLAC would like to thank VVSD (Veteran's Village San Diego) for their donation of 15 floral bouquets for our Easter Bonnet Social. We appreciate your generosity.





LLLAC Alano Club

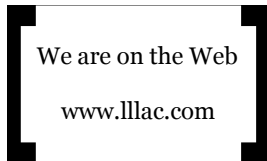
1730 Monroe Ave.
San Diego, CA 92116

Phone: 619-298-8008
Web Address www.lllac.org

Members Only

Please watch for our weekly beverage specials.

Please pick up a Club Coffee Card at the coffee counter. Buy 10 coffee drinks and get one free.



Do We Still make a difference ?

Robert Tice, one of the board members, heard this story and wanted to share it with the LLLAC members. This story reminds him why he fights to keep the Alano Club open 365 days a year.



Rick Hastings

Sobriety date 4/23/91

The club and the San Diego sober community lost a mentor and beloved friend recently. He worked at Heartland House in the Rolando area of San Diego. He was an inspiration to many and he held fast to his convictions. He had confidence in newcomers and believed in them even when they did not believe in themselves. In this manner, he helped countless people stay sober and find a better life. He will be deeply missed.

Memorial Service for Rick

@LLLAC Saturday April 11 5-7pm.

Spring Fling Luau!
A Fund- and Awareness-Raising Event
by the E&P and H&I subcommittees
to benefit the Hospitals & Institutions Subcommittee

SATURDAY, MAY 23, 2014 FROM 6-9 P.M.
NORMAL HEIGHTS COMMUNITY CENTER*
4649 HAWLEY BLVD., JUST SOUTH OF ADAMS AVE.

Hawaiian & Polynesian Fare
Door Prize Drawings
Delicious Dessert Auction

TICKETS: \$10 IN ADVANCE, \$12 AT DOOR
(FROM H&I AND E&P SUBCOMMITTEES MEMBERS)

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*Not affiliated with Crystal Meth Anonymous
SDHMA

A recent graduate of Stepping Stone (SS) was staying at a sober man's home who has a great deal of time in sobriety. The SS resident smelled something and realized that a visitor at the house was smoking crystal meth and the homeowner was allowing it. The young man was offered the pipe and refused. Later that day, he was volunteering at the LLLAC and took three buses to get there. For all those folks who say churches now allow GLBT meetings, please tell me how that man finds someone late on a Sunday night, who offers him a couch in an emergency.

I have been told many times since joining the Board of Directors, that perhaps the LLLAC is no longer needed. This story tells me the need continues.