



FROM THE PRESIDENT

Dear Members and Guests:

I hope you are enjoying the nice warm weather. The club has prepared for the heat by installing our window air conditioner. This unit really helps to keep the main space comfortable and enjoyable when it is hot outside. I would like to remind people to please keep the windows closed while we have the air conditioning on. This helps to save on electric costs for the LGBT center.

I want to thank Mike M. for all of his hard work with and for the Galano Club. He recently stepped down as the Thursday service counter attendant. Mike volunteered for a few years in this position. Mike will be missed as a volunteer.

Recently the Galano Club has become the recipient of money from the Challenge Party. The Challenge party raises money each year for three LGBT community organizations. This year the club was selected as one of those organizations. We will receive about \$4100.00. I want to thank Neil Albrecht, from the LGBT Community Center, for helping to secure this money for us. Neil suggested to the Challenge party that the Galano Club receive the money and has lobbied on our behalf. Neil has been very supportive of the Galano Club since our move and I am personally thankful that he is an ally of the club.

We are continuing to replace the old furniture at the club. We have replaced all of the old meeting room tables, end tables, and coffee tables. We are in the process of finding more furniture for our "easier / softer" room. In the future we will be replacing the entertainment center, TV, and some of the shelving unit in the club. We are also in the process of having cable TV installed at the club. This should be done within the next few weeks.

As always I want to remind you that there are volunteer opportunities at the Galano Club. We are in need of service counter attendants. If you would like to volunteer please call Mark S. @414-489-1333. Also considering joining the Galano Club. We have many different options for membership. There are many benefits to becoming a member. Not only do you support the club, there are members only functions, and discounts to other events. Please, if you can, join.

Have a safe and sober summer,
Mark S.

Summer

THE BATTLE OF MY LIFE- PART I



There is a monster who lives in my mind. A monster so hideous, so evil that he makes Freddie and Jason look like choir boys. He has only one mission in his depraved life and that is to destroy me. He wants my life, my home, my friends, my job, and everything I love. He is the addict monster. He's taken millions of lives and continues to take lives each and every day. He lives in my mind and plays on my fears, my feelings of worthlessness and the complacency in my program. He has my list of character defects and uses them against me. He whispers so softly into my ear and constantly tells me that I am those things on that list and that I will never improve. He tells me I will fail, that no one loves me, that the world would be better off without me. My monster dances inside of my head showing me how much fun drugs and alcohol are. The great clubs and music. The hot men gyrating around me offering drinks, hits, lines, sex, all the supposed joys of life. Meanwhile, I stand there taking it all in. I begin to have euphoric recall and forget about the hangovers, the fear and depression that I felt. With each addictive feeling that I have my little monster jumps for joy. Does he finally have me back? Has he finally taken me prisoner? Does he have my soul at last? Then I remember, the Serenity Prayer, I fall to my knees and ask my Higher Power for help. I don't go into a lengthy prayer. I just shout, "God, help me." Nothing more. I remember someone in a meeting telling me that in time of need, that is all I need to say. Thank God for that nameless person who chose to show up at that meeting that night. He might have saved my life. With that prayer said, the men, the drugs, the alcohol and other addictive behaviors fade away. The monster becomes angry and curses God and my prayer. Not long after that he smiles a hideous smile. He knows that as I work my program one day at a time, so does he.



The topic for this issue...

Change

God's Plan

There is a certain relief in change, even though it be from bad to worse.

— Washington Irving

It's important to trust that change can be positive even when it looks otherwise. Change is part of God's plan for our life. Change holds unexpected opportunities and spiritual lessons even though it may cause fear in us now.

We can look back to our using days for evidence of changes that we may have feared. For example, we may have lost jobs, or relationships may have ended and we struggled with being alone. But with time we've come to realize that nurturing relationships don't end; new people come into our life, and we help each other grow. We can trust that God will provide opportunities in our life that enhance our growth, our recovery and in particular, our spiritual development.

Change will occur and it is seldom easy. But we can be certain that all change will be beneficial to us in the future.

From the book, *In God's Care*
© 1991



New Direction.

Each time we sense the possibility of a new direction in our lives, we are being given a chance to grow.

— The Promise of a New Day, May 11

Change is the one constant in our life and yet it causes us the most unrest. We forget that change is growth and is good; it ensures our emotional and spiritual evolution. It promises us the blessings that are ours to collect on this special journey through life.

We can better develop our acceptance of change by systematically recalling instances in the past when change, whether minor or profound, ushered in new understanding, greater strength and confidence; where we were thus able to handle the role we'd been given to play.

God intends that we enlarge our capacity to love, to serve, and to understand. The changes we experience are the stair steps to this greater capacity.

From the book, *In God's Care*
© 1991

Mistakes

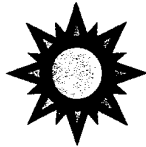
I didn't make a thousand mistakes in the course of inventing the light bulb. I simply took a thousand steps.

—THOMAS EDISON

Some of us are afraid of change. We're afraid we'll fail, get hurt, do it wrong. To get out of debt, we know we need to do something differently, but we don't know what, exactly. The change we fear might be as little as deciding to balance our checkbook or as big as deciding whether to stay with our partner.

We view change as inventors view inventing—it's a process. It's all trial and error. We try something. If it doesn't work, we've at least learned that it doesn't work. We try another way. It may take us a while to get from point A to point B, but that's okay. Even when we're making mistakes, we're making progress.

From the book, *Letting Go of Debt*
© 2000



BBQ & Pot Luck

The Galano Club invites you to a BBQ and Pot Luck hosted by John B. This event will be at John's house, 2108 S. Layton Blvd. (27th St.) on Saturday, July 26, 2003, from 2-6 PM. There will be chicken, ribs, and potato salad provided. We ask that you bring a dish to pass. Come enjoy some time with your friends in recovery and eat at the same time

Block Party

On Sunday, July 27, 2003, the Galano Club, along with the LGBT center and LAMM, are hosting a Block Party from 3-6 PM. Court St. will be shut down for the event. This is a great opportunity to meet and get to know new people. Come join us for an afternoon of fun, food, and music. The day guaranties to be filled with great times and new friends

Social Events Calendar

7/03/03 - Fireworks and Pizza Party. 9 PM at the Galano Club.

7/26/03 - BBQ and Pot Luck at John B's house. Chicken, ribs, and potato salad provided. 2 - 6 PM. 2108 S. Layton Blvd. Bring Dish to Pass.

7/27/03 - Block Party. 3 - 6 PM on Court St. Co-sponsored by the LGBT Center and LAMM.

8/09/03 - Summer Dance at the Galano Club. 9:30 PM. \$4 admission, \$5 nonmembers.

8/15, 16, 17/03 - Galano Club Rummage Sale. 8 AM - 6 PM daily. 3355 S. Kinnickinnic Ave.

8/23/03 - Annual Members Picnic and Pot Luck at Mark S. and Paul N's. house, 600 E. Bolivar Ave. 2 - 6 PM. Meat, buns, condiments provided. Bring dish to pass.

9/06/03 - Bingo Night. 9 PM at the Galano Club.

Summer Dance

On Saturday, August 9, 2003, the Galano Club will be holding a Summer Dance. This dance will be held in the club starting at 9:30 PM. Admission is \$4.00 for members and \$5 for nonmembers. Our own Garth W. will be spinning the tunes he is so famous for. We will hold a raffle during the dance with fabulous prizes. Join us and dance the night away.

Galano Club Rummage Sale

The annual Galano Club Rummage Sale will be held this year on August 15, 16, and 17, 2003. John S. has volunteered to hold the sale at his house at 3355 S. Kinnickinnic Ave. from 8 AM till 6 PM each day. We have received many great items for the sale. Come by and see what treasures you can find. Remember all proceeds go to help support the Galano Club. If you want more information or have something to donate please call John S @ 414-294-3108 or Mark S. @ 414-489-1333

Galano Club Annual Picnic

The Galano Club will hold it's annual members picnic on Saturday, August 23, 2003. This year the picnic will be held at Paul N's and Mark S's house from 2-6 PM. The address is 600 E. Bolivar Ave. This event will be free for members and \$5 for nonmembers. Meat, buns, condiments, soda, and coffee will be provided. Please bring a dish to pass. Stop by and enjoy the day with friends. There will be lots of fun, food, and games for everyone.

Open Meeting and Breakfast

The Sunday Morning AA meeting, Group #394, will be holding an open speaker meeting and breakfast on Sunday, August 24, 2003, at the Galano Club. The breakfast will start at 9:30 AM with the open speaker starting at 10:30 AM. There will be both an AA speaker and an AI-Anon speaker. A donation of \$3 will be asked for the breakfast. Come and join us at this event and hear some great recovery stories.



The Galano News is published six times a year by the Galano Club of Milwaukee, Inc. and seeks to publish articles relevant to recovery and to current events taking place at the Galano Club.

Editor: Garth W.
Assist. Editors: Roy B. and Harley S.



ADDRESS CORRECTION REQUESTED

315 West Court Street, Suite 201
Milwaukee, WI 53212-3825

God, grant me the
serenity to accept
the things I cannot
change,

Courage to change the
things I can and the wisdom
to know the difference.

THE Galano News-Green Sheet

July - August, 2003

GALANO CLUB MEETING SCHEDULE

Monday:

7:30 pm- AA "Came To Believe Group"
Spirituality in the AA Program

Tuesday:

10:00 am- AA Group
5:30 pm- NA Meeting (Basic Text)
5:30 pm- AA The Over and Under 40 Group,
Topic Meeting
7:00 pm- SCA Meeting (Blue Group)

Wednesday:

7:00 pm- AA Group 494-12 and 12

Thursday:

7:00 pm- AA Group-"Living Sober"
7:00 pm- SCA Meeting

Friday:

5:30 pm- AA Sixty Minutes Group- Topic
Meeting
7:00 pm- AA Group 794- Step/Topic Meeting

Saturday:

6:00 pm- CODA (Co-Dependents
Anonymous)
8:00 pm- AA Group 1094- Topic Meeting

Sunday:

10:30 am- AA Group 394- Step/Topic
Meeting
10:30 am- Al-Anon Papillion Group (Meets the
1st., 3rd., and 5th Sundays of the month
6:00 pm- SCA Meeting
7:00 pm- AA Group 1394- Big Book

All meetings listed above are located at:

The Galano Club of Milwaukee
315 West Court Street, Suite 201
Milwaukee, WI 53212-3825

Phone: (414) 276-6936 (We have voice mail)

E-Mail: galanoclub@hotmail.com

Web Site: <http://www.execpc.com/~reva/>

Stone-cold Sobering Statistics about the College Sex-and-Alcohol Cocktail:

As many as 70% of college students admit to having engaged in sexual activity primarily as a result of being under the influence of alcohol, or to having sex they wouldn't have had if they had been sober.

90% of all campus rapes occur when alcohol has been used by either the assailant or the victim.

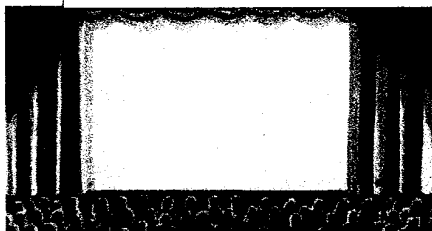
At least one out of five college students abandons safe sex practices when they're drunk, even if they do protect themselves when they're sober. One in twelve college males admit to having committed acts that meet the legal definition of rape or acquaintance rape.

55% of female students and 75% of male students involved in acquaintance rape admit to having been drinking or using drugs when the incident occurred.

60% of college women who are infected with STDs, including genital herpes and AIDS, report that they were under the influence of alcohol at the time they had intercourse with the infected person.

Female college freshman are at the highest risk for sexual assault between the first day of school and Thanksgiving break.

According to the Center for Disease Control, 1 in 1500 college students is HIV positive, and the fastest-growing populations of American people infected with HIV are teenagers and young adults.



FRIDAY NIGHT FLIX

Starting at the end of July we will be showing the two gay shows on the Bravo Cable Channel in addition to the films we show each Friday night. We will be showing "Queer Eye For the Straight Guy," a gay themed makeover show,

where five gay men called "The Fab Five" do complete makeovers on straight men. The makeover his hair, clothes, apartment and meal choices. It's a hoot to say the least. Also showing will be "Boy Meets Boy," a six-episode series that will premiere in July. It also twists reality show conventions by secretly including straight men among a pool of gay dating prospects. As far as movies go for this period, along with the top in gay and lesbian themed films, we will also show the movie "Chicago" on August 22nd. There will be some fun and surprises that night. Don't miss out on this one.

Admission is always free and so is the popcorn which at times includes fresh made caramel corn and even made on the stove with butter popcorn.

Film schedules for the two month period are available at the Galano Club or call, (414) 276-6936 to find out what this week's film will be. All films start at 8:15 pm If you have any suggestions for films that have not been on our schedule, feel free to contact me at: Garthinmilwi@sbcglobal.net

Thanks and we hope to see you for some good films and good fellowship.
Garth W.

YOUR GALANO CLUB COMMITTEE CHAIRS FOR 2002/2003

Below are the names, phone numbers and e-mail addresses for your Galano Club committee chairs. These committee chairs are working to make your club a better place. What are you doing to help your club grow and be there for the next LGBTQ person who needs a safe place to recover? Contact one of these chairpersons and offer your services. Together we can make this club grow and prosper, but only with your help. Also, if you have a talent for general fundraising, please contact one of these chairpersons to become the chairperson for this important committee position.

Mark S.	Fundraising (Grants)	489-1333	Genx389@aol.com
Garth W.	Newsletter	444-2652	Garthinmilwi@sbcglobal.net
Roy B.	Outreach	444-2652	rbadger@uwm.edu
Garth W.	Dance	444-2652	Garthinmilwi@sbcglobal.net
Jeff K.	Literature	761-1063	Jefferykloko@hotmail.com
Chris S.	Cleaning	562-3040	cjs7600@aol.com
Roy B.	Membership	444-2652	rbadger@uwm.edu
Mark S.	Meetings	489-1333	GenX389@aol.com
Paul N.	Social Committee	489-1333	GenX389@aol.com
Chris S.	Library Committee	562-3040	cjs7600@aol.com
Steve R.	Bartender Coordinator	778-2158	SteveDRey@aol.com

Open: Fundraising (General)

YOUR GALANO CLUB BOARD MEMBERS FOR 2002/2003

Below are the names, phone numbers and e-mail addresses for your Galano Club Board Members. We are here for you. If you have any question, concerns or comments, feel free to contact us anytime. We are here to serve the members of the Galano Club. Please also remember that all members are welcome to attend the board meetings. We don't meet in secret. Be a part of your club and attend. We meet the third Sunday of the month, at the club, at 4:00 pm.

Mark S.	President	489-1333	Genx389@aol.com
Garth W.	1st Vice President	444-2652	Garthinmilwi@sbcglobal.net
Roy B.	2nd Vice President	444-2652	rbadger@uwm.edu
Steve R.	Secretary	778-2158	SteveDRey@aol.com
Sandi G.	Treasurer	302-9431	segsfg@aol.com
Dave D.	Member at Large	347-4162	nom@voyager.net
Chris S.	Member at Large	562-3040	cjs7600@aol.com
Pete H.	Member at Large	545-4546	bfife911@wi.rr.com
Paul N.	Member at Large	489-1333	Genx389@aol.com
Donna M.	Member at Large	271-5423	No e-mail Please call with message.
John S.	Member at Large	294-3108	No e-mail Please call with message

Galano Club Philosophy

The Galano Club provides a safe place where LGBTQ people can participate in 12-Step recovery programs, attend meetings, and socialize with each other. It's survival depends upon active members and volunteer work. We as individuals, foster our own recovery through associating with other people at the Club who are in 12-Step programs. We keep what we give away. We need the Club. The Club needs us.