

# The Broken Bottle

Winter 2014-15



**CAPITAL DISTRICT CENTRAL OFFICE  
575 BROADWAY, SUITES 128-130  
MENANDS, NY 12204  
518.463.0906**

**We answer calls 24/7/365**

*This issue of The Broken Bottle includes an insightful message from the Editor as well as a Twelve-step story by a Central Office Representative. The issue is also packed full of year-end information about calls to your Central Office, visits and literature sales, as well as expenses and income, including a full listing of Group contributions received in '2014. It was a busy year for the Central Office and its volunteers who tirelessly answer and record all of the calls that come in. Later in '2015 the Office will celebrate its Tenth Anniversary. There is still a need for more volunteers to staff the Office, answer the phones as Night Owls, represent Groups as Central Office Representatives, and/or serve on the CDCO Steering Committee. Effective January 1<sup>st</sup>, medallions are now available for purchase at the CDCO.*

## **Another Year Without A Beer! Staying Sober and Clean In 2015!**

Another year ends; a new one begins. It's kind of like our life when we put down that drink and move forward into recovery. Many times at the end of December we alcoholics find ourselves reflecting on the past year, our trials, tribulations, shortcomings, and successes, no matter how small they are. But looking back for too long sometimes gets us stuck on our disappointments or missed opportunities that can lead to guilt or even shame. I recently heard someone say that the reason the windshield in your car is so much bigger than the rear view mirror is that where you're heading is more important than

where you've been. Leave your past and 2014 behind you, don't dwell on its disappointments, focus on how far you have come, not how far you have to go. Celebrate the present and remember that's why it's called the present: it's a gift! In 2015 if you can't find something you're grateful for having, be grateful for what you have avoided. Go to a beginners' meeting and it won't take you long to remember just how good you have it. I know they keep it green for me even after 7+ years sober. Happy New Year to you all and I hope 2015 is everything you wish for, one day at a time.

-Dean H., Editor

### ***"Answering the Call"***

*It was a cold snowy November night around 10pm and I got the call. I had been thinking about drinking and as usual my Higher Power had other plans for me. My good AA buddy Bert P had the answering service that night, and we had a pact that if one of us had the hotline and we had to do a twelve step call, the other would usually go too, since we were taught you never go on a twelve step call alone. Well, Bert had a dandy. There was a drunk at the Stewart's on Route 7 in Troy and it was closing time. The folks working at Stewarts didn't know what to do with this guy who was riding a bicycle, so they contacted the State Police who suggested they call AA. It was snowing that night, and making a twelve step call was probably the last thing I wanted to do. This Stewart's is located on the top of a hill on Route 7. My friend Bert P was driving a smaller car in those days, and we realized we would not be able to get this guy's bike in the trunk. The State trooper had offered a suggestion that we tie up the bike at the State Police substation down the hill on Route 7. Our ultimate destination was the sobering up station in the back of CDPC in Albany. So I hopped on the bike and was riding it down the hill in the snow when all of a sudden a dog came out of nowhere barking at me. Bert was trying to run interference for me so the dog wouldn't get me. We got the bike tied up and then proceeded to the sobering up station. Before we got there we asked our friend if he needed anything. We stopped at the Gas Station on Delaware and Madison to get cigarettes and ran across another drunk panhandling for money. This second drunk knew Bert from a rehab where Bert worked, and when the drunk guy saw him it was like he had seen an old friend or a vision. He yelled "counselor!" Bert said "counselor my butt. Obviously you weren't paying attention in our sessions." So we now had this guy along with the guy from Stewart's and we took them both to the sobering up station. I said to Bert "there must be a full moon out. Maybe we should drive around and pick up all the drunks in the city." I don't know if those guys ever got sober but I do know it helped me get out of my self-centeredness long enough to help someone else and myself also. That thought of drinking left me. It has never seemed to amaze that when all else fails one alcoholic working with another alcoholic always works for me. John R. Albany NY*

**CAPITAL DISTRICT CENTRAL OFFICE (CDCO)  
Report of Phone Calls Received  
and Other Data**

**ANNUAL DATA REPORT  
2014**

The office has been operating at 575 Broadway, Suites 128-130, Menands, NY 12204 (518-463-0906) Since November 10, 2005. A daily log has been kept of all phone calls received since that opening day. The following is the latest Annual Report.

*Telephone Calls*

District 1 (Albany region)	871 62%
District 2 (Troy-Cohoes region)	232 16%
District 14 (Schenectady region)	172 12%
District 17 (Hudson-Kinderhook region)	72 5%
District 18 (Rensselaer-Nassau region)	64 5%
	<b>1,411</b>
Calls from other New York State sites	234
From out of state	43
	<b>277</b>
CDCO business & miscellaneous calls	<b>174</b>
<b>TOTAL CALLS</b>	<b>1,862</b>

The Office handled an average of 5.1 calls per day during 2014.

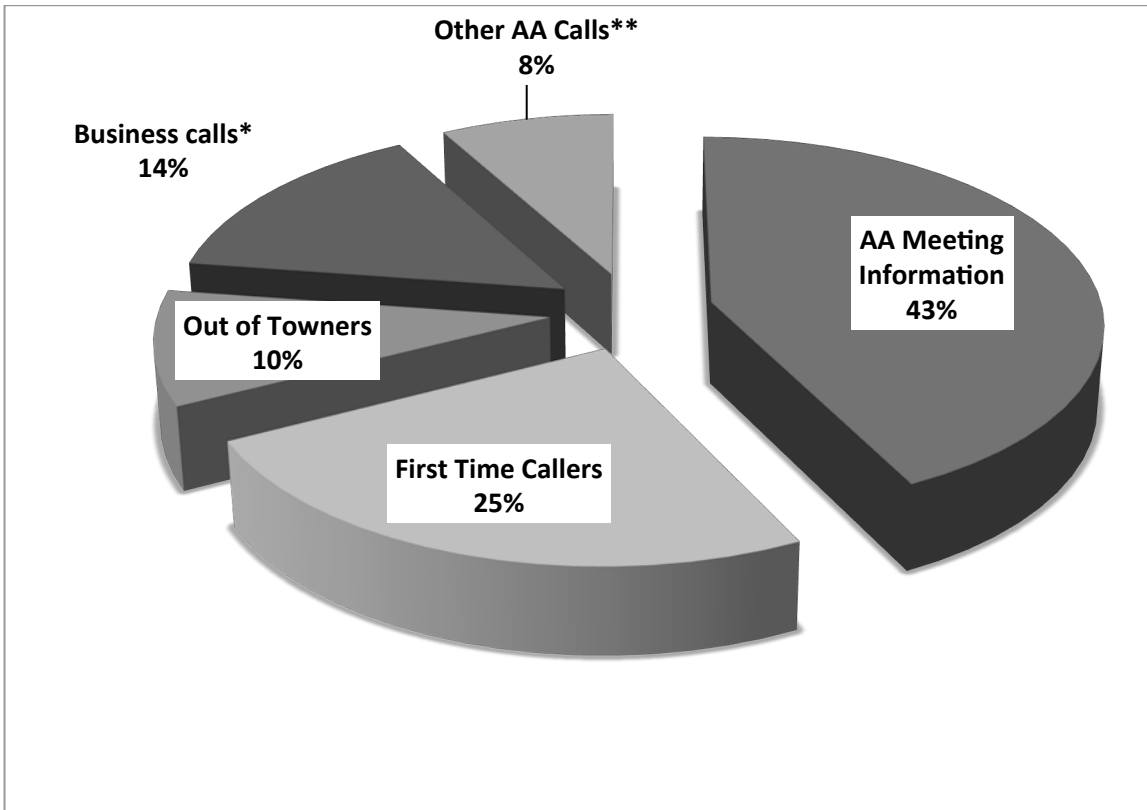
\*\*\*\*\*

General Office visits	133
Office visits to purchase literature	207
	<b>340</b>

The CDCO sold \$10,070 in AA literature in 2014 to 200 Groups or individuals. The Office website ([www.aalbanyny.org](http://www.aalbanyny.org)) received 20,602 hits; 58% were new visits. The Office received and resolved 43 e-mails at [chair@aalbanyny.org](mailto:chair@aalbanyny.org). All other reports are also available at [www.aalbanyny.org](http://www.aalbanyny.org).

Respectfully submitted, CDCO Data Coordinator, Tom O'

**CAPITAL DISTRICT CENTRAL OFFICE  
TYPES OF CALLS  
2014**



**\*Business Calls:**

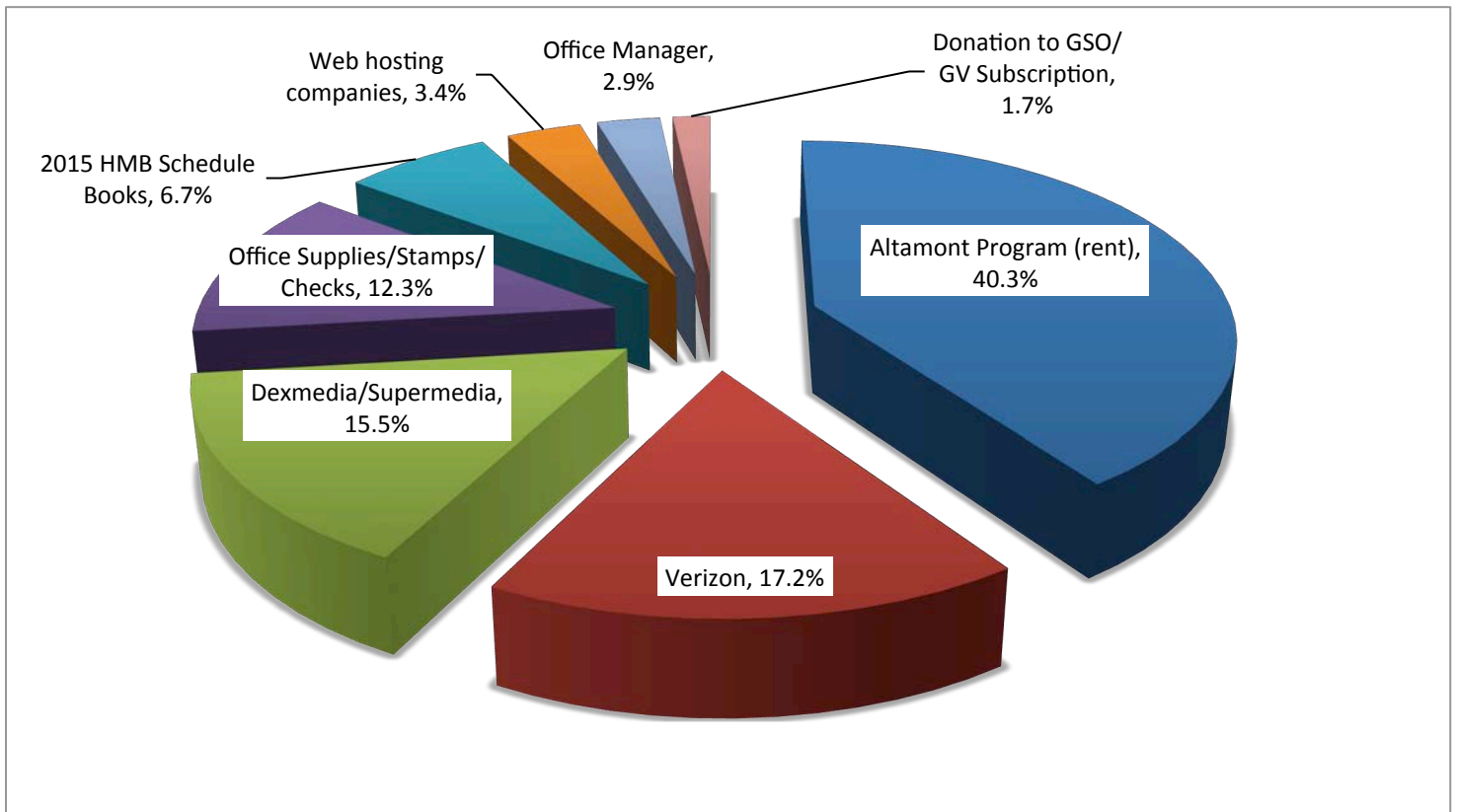
Literature price Information  
CDCO location/Office hours  
Volunteers to do service  
Where to send contributions

**\*\*Other AA Calls:**

Group issues/12 Traditions  
District Meeting locations/times  
How to start a meeting  
GSO's phone number

## CDCO EXPENSES – 2014

Altamont Program (rent)	2,820.00
Verizon	1,200.46
Dexmedia/Supermedia (Listings in phone books)	1,083.65
Office Supplies/Stamps/Checks	858.30
2015 HMB Schedule Books	466.00
Web hosting companies	236.76
Office Manager	200.00
Donation to GSO/GV Subscription	128.97
<b>TOTAL</b>	<b>6,994.14</b>



## CONTRIBUTIONS BY GROUP – 2014

Group Name	Donations	District	Group Name	Donations	District
59 Minute Meeting	50.00	2	Conscious Contact	150.00	1
Accept and Survive		2	Copake Falls Sunday Night		17
A Step at a Time	60.00	1	Copake Rap		17
A Vision For You		1	Courage To Change	105.00	1
A Vision for You		17	Crescent		2
Acceptance	200.00	1	Crypt		1
Accept and Survive		2	Day After		2
Albany Fellowship		1	Don't Quit	50.00	1
Albany West End		1	Duanesburg		14
Albany Young People		1	Eagle Mills Bottom Line		2
Altamont Sunday Night	65.00	14	Early Risers		2
Altamont Sobriety		14	Easy Risers		17
Ancramdale		17	Easy Does It		2
Another Chance		1	Elizaville		17
Answered Prayer		1	End Of The Road		1
An Unshakable Foundation		2	Experience Strength & Hope	50.00	1
Any Lengths		1	Fix It Now	75.00	2
Arcade		1	Four Corners		1
As Bill Sees It		1	Fourth Edition Big Book		2
Back On Track	60.00	1	Franklin Street		14
Back To Zero		17	Freedom From Self Will	25.00	3
Blue Teapot Big Book		18	Fresh Start		18
Bring Your Own Big Book		2	Friday Big Book		14
Bring Your Own Book (BYOB)		14	Friends of Bill (Newtonville)		1
Bring Your Own Coffee	234.00	1	Friends Of Bill W		1
Broad Highway		1	Friday Night Owl		2
Canaan		17	Fri Night Life With Hope		2
Candlelight Step		14	Glenville Men's 11th Step	150.00	14
Caring & Sharing		18	Good Friday		14
Castleton Carry the Message		18	Goya		17
Center Square Promises		1	Gratitude	40.00	1
Clarksville Tuesday Night		1	Great Sacandaga Lake		4
Claverack Rap	80.00	17	Green Island George St		2
Cohoes A.A. Nooners	10.00	2	Grupo Fuente De Vida		1
Cohoes Friday Night		2	Hampton Manor Big Book		18
Cohoes Serenity	13.03	2	Happy Hour Hour		1
Cohoes Sun Night 12 Step		2	Happy, Joyous, and Free		2
Cohoes Wed Evening		2	Healthy Choices		1
Coming Back	285.00	1	Helderberg		1

## 2014 GROUP DONATIONS (con't.)

Group Name	Donations	District	Group Name	Donations	District
Higher Power	100.00	1	North Greenbush		2
Highroad To Freedom		1	Not Yet		1
Hour Of Power		18	One Day At A Time		1
How It Works	150.00	1	Open Hearts Fellowship	20.00	2
How It Works		17	Original Clinton Heights		18
I Am Responsible	90.00	2	Original Colonie		1
In Focus		18	Original Green Island	75.00	2
Joy of Living Step		2	Original Out to Lunch Bunch		2
Keeping It Green 17		1	Original Troy		2
Kinderhook Friday Night	46.00	17	Original Voorheesville		1
Late Bloomers Big Book	30.00	18	Out From Under		1
Late Bloomers Candlelight		18	Out Of The Pit's		2
Latham Hi-Nooners		1	Out To Lunch Bunch	400.00	18
L/G/B/T Peoples	25.00	1	Pass It On		2
Lambda		1	Peace & Sobriety Step		2
Lantern		1	Philmont A.A. Way of Life		17
Light for Dark Places		18	Pine Hills	150.00	1
Live and Let Live North		17	Pot of Gold		1
Live Easy But Think First	80.00	2	Pot Of Gold		17
Living Sober (Albany)		1	Preservation of A.A.		1
Living Sober (Latham)		2	Primary Purpose		1
Living Sober (Watervliet)		2	Primary Purpose		18
Living Sober (Voorheesville)		1	Progress Not Perfection		1
Mid-Day Step	12.00	14	Promises Do Come True	65.00	1
Milk and Honey	50.00	17	Red Door	129.75	2
Monday Miracles Womens		2	Rensselaer Wednesday Night		18
Morning Wake Up		14	Rotterdam Mid-Day Step	105.00	14
Nassau Tuesday Night Step		18	Round Table	250.00	14
Near Noon	100.00	18	Sad-Bad-Glad	65.00	1
Never Too Young		1	Saturday A.M. Eye Openers	55.00	1
New Beginning		1	Saturday Morning Gratitude		2
New Beginning		2	Saturday Night Church		14
New Beginnings		14	Schaghticoke 12 & 12	25.00	2
New Hope		2	Schenectady Clubhouse		14
New Hope	275.00	14	Scotia		14
New Lebanon		18	Seeds of Change		1
Niskayuna Beginners'	50.00	14	Seeing is Believing		2
Niskayuna Fresh Start	316.00	14	Selkirk		1
No Free Lunch	218.39	1	Serenity		14

## 2014 GROUP DONATIONS (con't.)

Group Name	Donations	District	Group Name	Donations	District
Seton Hall		2	Way Out	30.00	2
Share At Noon		18	Wednesday Evening Chatham		17
Siena Serenity	400.00	2	Wednesday Morning Step		1
Simple Kit of Spiritual Tools		1	Wednesday Night Women's		18
Slingerlands Mid Day Step	100.00	1	Welcome Back		1
Sober Circle	20.00	2	Welcome Hand	160.00	2
Sober Gay Mens		1	Welcoming Women To Recovery		2
Sobriety on Sunday	350.00	14	Westmere Beginners		1
Soft Place to Land	200.00	1	Winners Circle		1
Soggy Tuesday	75.00	18	Womens		1
South Mall		1	Women's Quiet Courage		1
Steps to Freedom		1	Wonderful Wednesday Womens	160.00	14
Summit		14	Yankee Doodle Beginners		18
Sunday Afternoon		17	Young Hope Young People's		17
Sunday Eve At 7		17	Young Peoples		14
Sunday Evening Womens	45.00	14	Young Timers in Action		14
Sunday Morning Promises	100.00	1	District 2 Groups	1,005.42	
Sun Nite Big Book Study	60.00	2	District 17 Groups	400.00	
Teardrop	400.00	1	Anonymous*	301.86	
The Big O'C		2	<b>TOTAL</b>	<b>\$8,619.45</b>	
The New Step Start		1	*Includes A.A. Birthday donations		
There Is A Solution		1	<b><i>Your Capital District Central Office depends on donations from the Groups it serves to operate its 24/7/365 "Hotline," and its Office in Menands. We thank all of the Groups for their donations during 2014, and look forward to serving A.A. in the Capital Region throughout 2015.</i></b>		
Thursday Afternoon Women's		2			
Thursday Night Gang	68.00	1			
Thursday Topic Meeting	10.00	14			
Tranquility		1			
Tri-Village		1			
Troy Young People's		2			
Tuesday Night Step	30.00	1			
Tuesday Night Waterford	20.00	2			
Twin Town	50.00	2			
Uptown Saturday Nite		1			
Valley Falls Fri Nt. Life w/Hope	50.00	2			
Voorheesville Grapevine		1			

CDCO meetings are held at 7:00PM on the third Tuesday of every month at the CDCO. These monthly meetings are open to anyone. Visitors are welcome and attendance is encouraged.

We encourage our readers to email us their experience, strength, and hope to share with others, ideas, and suggestions by emailing me at: [dhaleinsideaddiction@hotmail.com](mailto:dhaleinsideaddiction@hotmail.com)

Until next time, take it one day at a time. Dean H. Newsletter Editor