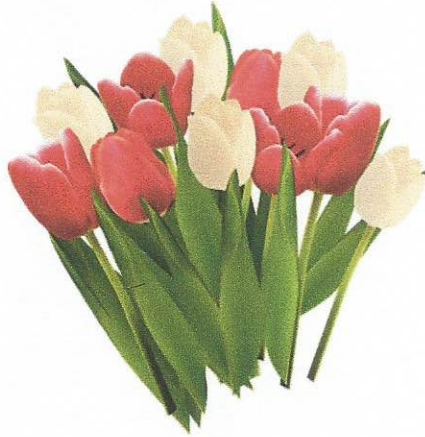


THE BROKEN BOTTLE

SPRING, 2015



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

We answer calls 24/7/365

NOTE FROM THE CDCO CHAIR

Happy Spring! At last, the snow and cold have disappeared one day at a time, and warmer weather is just around the corner! You may notice that this issue of The Broken Bottle is different from previous ones. That's because Dean H., who has served as editor for more than two years, asked to resign so that he could pursue additional career opportunities. Thank you, Dean for all that you've contributed to the Central Office!

You'll see in this issue that the Capital District Central Office has been very busy over the past three months. Volunteers continue to make sure that the phone is covered 24/7, and that the Office is staffed 8 hours each day of the week and 4 hours on Saturday. Later in this issue there are charts that depict both a breakdown by District of the calls that came in to the Central Office in January, February and March, as well as a breakdown of the types of calls.

But answering phone calls is only part of what our daytime volunteers do. They also greet visitors to the Office and record literature and medallion sales. During the first 3 months of this year, 156 visitors came into the Office to purchase literature and/or medallions. Needless to say, Kathy S., Central Office Literature/Medallion Chair, and our volunteers, have been quite busy!

NOTE FROM THE CDCO CHAIR

Please also take a look at the Central Office website, www.aaalbanyny.org, and you'll notice several additions and improvements, thanks to Bill A., CDCO Webmaster. Groups and Districts are encouraged to send their event flyers to webmaster@aaalbanyny.org for posting on the website.

Finally, in this issue you will find a story about one local AA member and how he affected just about everyone he came in contact with. It's a personal account that illustrates the power of our Fellowship and its Steps and Traditions.

Marcia G., CDCO Chair

IT'S NEVER TOO LATE

His name was Carl, and he came into the rooms of A.A. for the first time a little over a year ago, when he was in his early 80's. Carl took to meetings right away, and brightened the rooms with his presence. It was not only his tall and straight stature, but also his perpetual smile, that made him stand out. Early on, he approached one of our members and lamented that he couldn't find a sponsor because there were no men in the rooms older than he was. He was told not to worry: he could ask someone younger. (Incidentally, he later did find someone around his own age.) As he stayed sober one day at a time, Carl could be heard saying "I can't believe all that I've missed by not getting to A.A. sooner!" A Truck driver by trade, he drank every day for 60 years, and said that his truck and his garage were his havens.

He'd bring to meetings cookies and brownies that he had made. They were delicious! But Carl's favorite hobby was wood crafting, and after a while at different meetings he attended, you'd see the Twelve Steps and the Twelve Traditions framed and hinged together so they could stand up on their own. At one noon meeting he attended, Carl noticed that the Chairman's table was wobbly, so he made a new one. And he made smaller objects like butterfly clips, crosses, and children's "bug boxes," all for people he had met in the rooms.

It was obvious that Carl absolutely loved A.A. and made no bones about it. Every time he had a monthly anniversary, he was cheered on heartily by everyone. After he had close to a year, he would always say that it was the happiest year of his life. On his first anniversary we and his family joined to celebrate with him.

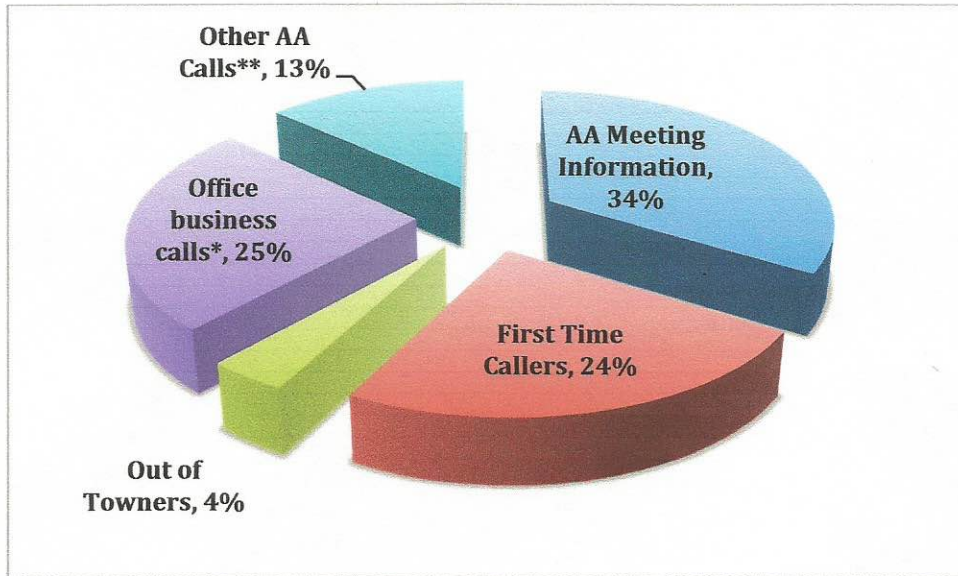
Sadly, shortly after that, Carl got some bad news from his doctor. He had an operation and remained in the hospital until he passed away quietly, early in April. But what a legacy he has left for so many people. There are reminders of Carl everywhere, but it was his cheerfulness, gratitude and enthusiasm for A.A. that will serve as an inspiration to me and so many others, for a long, long time.

Marcia G.

CDCO CALLS

First Quarter, 2015

TYPES OF CALLS



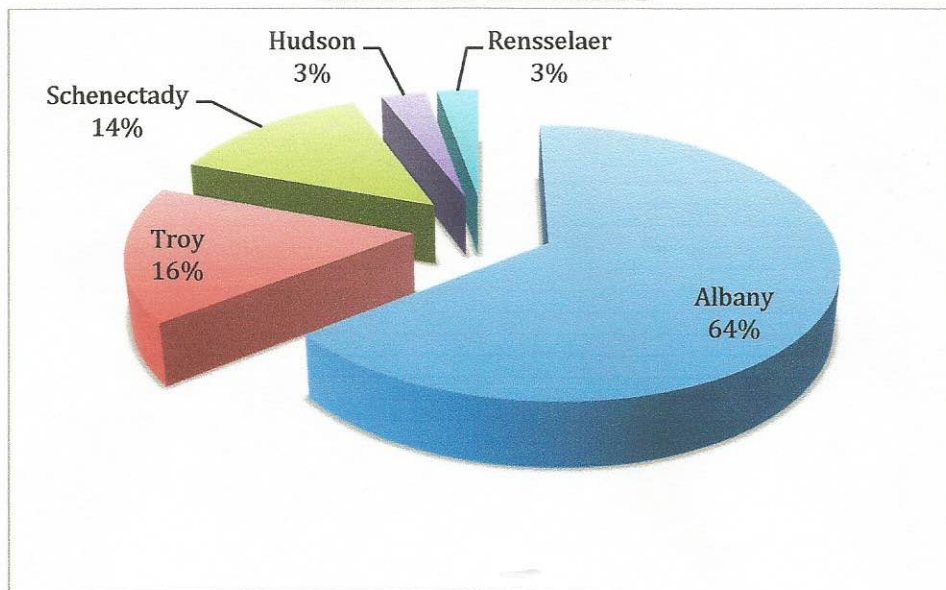
*Office Business Calls

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

**Other AA Calls:

- Group issues/12 Traditions
- District Meeting locations/times
- How to start a meeting

CALLS BY DISTRICT



**IMAGES OF THE CAPITAL DISTRICT CENTRAL OFFICE
VISITORS WELCOME!!**

