

## AFD RETIREE NEWS

December 1, 2021

# 4-2021

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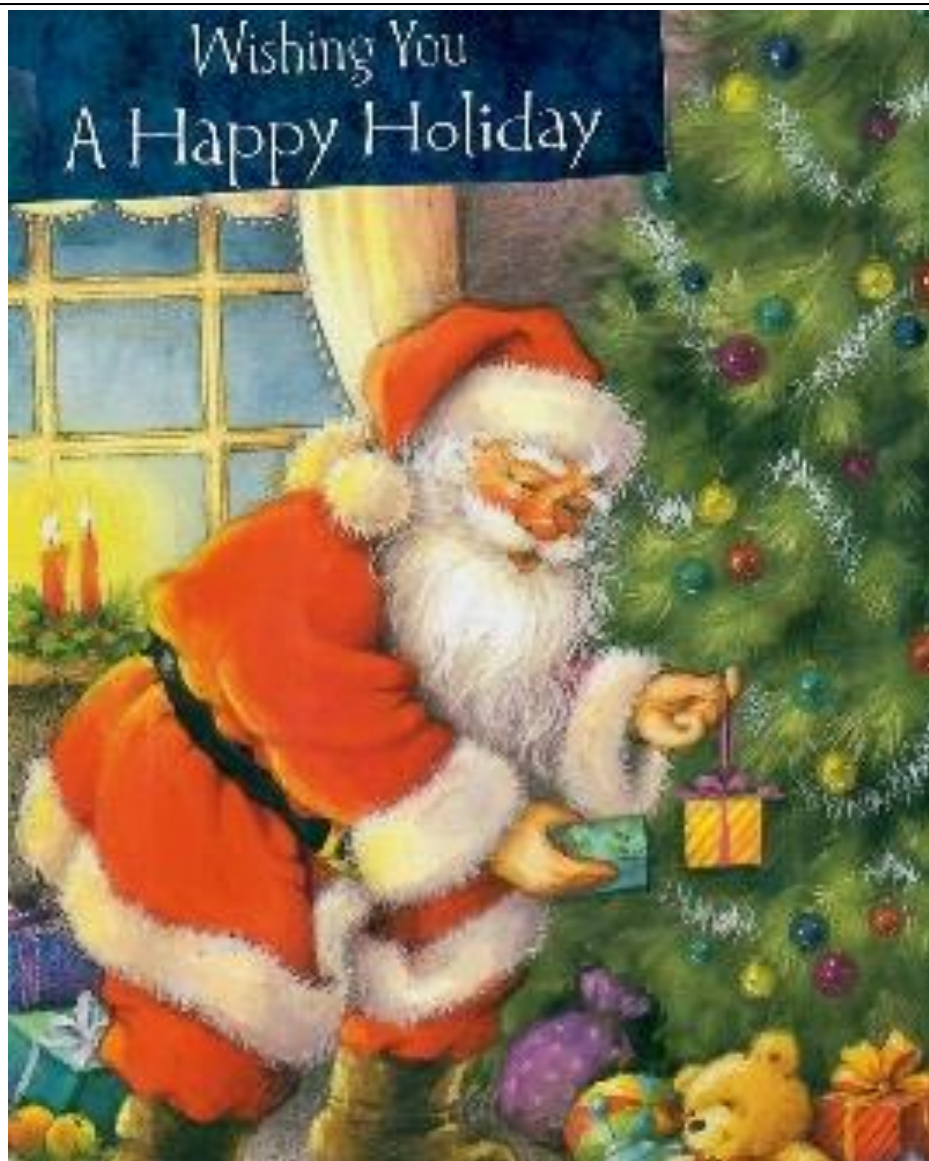
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RETIREE'S ASSOCIATION



HERMAN R. BISHOP,  
EDITOR



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RETIRED FIREFIGHTERS CHRISTMAS DINNER – TO BE HELD THURSDAY DECEMBER 16, 2021 MOOSE LODGE, 2121 EDITH NE, TICKETS \$10 EACH. GET TICKETS AT RETIREE'S MONTHLY MEETINGS NOVEMBER 10<sup>TH</sup> & DECEMBER 8<sup>TH</sup>, OR CALL JOHN BARNUM (505) 582-6867

**September 2, 2021**  
**Newsletter Mailing Ends**

**To: Retired Fire Families and Friends**  
**From: AFDRA Executive Board Members**  
**Subject: Retired Firefighters Newsletters**

**Please be advised that as of December 1, 2021 we will no longer send the retiree newsletters by the U.S. Postal Service. During the past one year and 6 months many changes have occurred in our society due to the Covid-19 Pandemic. These changes have affected our ability to develop, print, mail and deliver our newsletters in the traditional way. As a result we find it necessary to develop, produce, and disseminate the newsletters electronically by creating a web site. The newsletters and all information concerning the AFD Retiree's Association may be found and accessed on our new web site:**  
**[www.afdretirees.com](http://www.afdretirees.com)**

**Previously we have been mailing 700 newsletters quarterly to our fire families. At present we have the e-mail addresses of 450 members that we communicate with. For those of you who are not on our e-mail address list, we need an e-mail address. If you do not have one we will accept an e-mail address from a family member or a friend on your behalf. Please provide us with an e-mail address.**

**You may send it to Kerry Horton's e-mail: [firkdh@gmail.com](mailto:firkdh@gmail.com)**

**Contact Information:**

**Kerry Horton – 934-2969   Pablo Garcia Jr.- 363-2233   Fred Casias -269-0370**  
**Mike Fox- 385-7292   Herman Bishop – 294-7165**  
**Sam Trujillo - 899-1500.**

**RETIRED FIREFIGHTER'S CHRISTMAS DINNER - TO BE HELD THURSDAY, DECEMBER 16 2021,**  
**MOOSE LODGE, 2121 EDITH N.E. TICKETS- \$10 EACH. GET TICKETS AT RETIREE'S MONTHLY**  
**MEETINGS, NOVEMBER 10<sup>TH</sup> AND DECEMBER 8<sup>TH</sup>, OR CALL JOHN BARNUM, (505) 582-6867.**



**FUNERAL PLANNING FOR RETIRED FIREFIGHTERS**

**HAVE YOU DISCUSSED THE FOLLOWING WITH YOUR FAMILIES  
CHECK LIST**

**DO YOU HAVE A LAST WILL AND TESTAMENT, IF SO WHERE DO YOU KEEP IT ?**

**IF YOU HAVE LIFE INSURANCE POLICIES, INFORM FAMILY MEMBERS WHERE THEY ARE**

**YOU HAVE A PAID UP LIFE INSURANCE POLICY WITH THE CITY OF ALBUQUERQUE. THIS INSURANCE SHOULD BE ½ OF YOUR FINAL ANNUAL SALARY. IF YOU DO NOT HAVE A COPY OF YOUR PAPERWORK, WHICH YOU GOT AT THE TIME OF YOUR RETIREMENT, CHECK WITH THE CITY’S INSURANCE AND RETIREMENT SECTION OR HUMAN SERVICES DEPARTMENT. THE PHONE NUMBER IS: (505) 768-3700.**

**IF YOU ARE FORMER MILITARY- YOU WILL NEED A COPY OF FORM, DD-214. VETERANS ARE ENTITLED TO DEATH BENEFITS. ARE FAMILY MEMBERS AWARE OF IT ? VETERAN’S TELEPHONE 1(800) 827-1000.**

**DO YOU HAVE A SAFETY DEPOSIT BOX, INFORM YOUR FAMILY WHERE IT IS**

**ARE YOU A MEMBER OF THE NEW MEXICO HEALTH CARE AUTHORITY ? IF SO, YOU ARE AUTOMATICALLY COVERED BY A \$6,000 BASIC LIFE INSURANCE AND ACCIDENTAL LIFE INSURANCE AND ACCIDENTAL DEATH AND DISMEMBERMENT POLICY. TELEPHONE: 1(800)233-2576.**

**ARE YOU A MEMBER OF THE RIO GRANDE CREDIT UNION “BENEVOLENT PROGRAM ?”**

**HAVE YOU DISCUSSED YOUR PREFERENCE AS TO WHAT MORTUARY YOUR FAMILY SHOULD USE?**

**UPON YOUR DEATH, DO YOU WANT A FIRE DEPARTMENT FUNERAL INVOLVING THE FIRE DEPARTMENT ?**

**HAVE YOU AND YOUR FAMILY CHECKED INTO SOCIAL SECURITY BENEFITS YOU ARE ENTITLED TO ?**

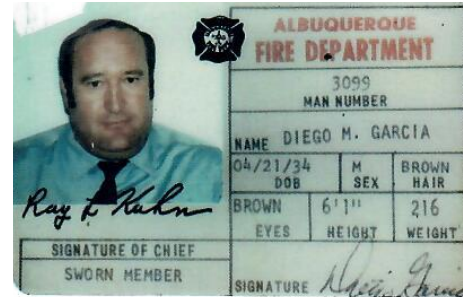
**DO YOU HAVE OTHER RETIREMENT PLANS, SUCH AS: 401K, IRA’S, CD’S, DEFERRED ANNUITIES, ETC. ?**

**AFD RETIREE’S ASSOCIATION, CONTACT NUMBERS**

**PRESIDENT, KERRY HORTON – (505) 934-2969      VICE PRESIDENT, PABLO GARCIA JR.- (505) 363-2233  
SECRETARY, FRED CASIAS - (505) 269-0370                      TREASURER, MIKE FOX (505) 385-7292  
HISTORIAN, HERMAN BISHOP (505) 294-7165      PRESIDENT EMERITUS, SAM TRUJILLO (505) 899-1500**

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**Diego Garcia, Obituary** – On August 19, 2021 our good friend and fellow Retired Firefighter District Chief Diego Garcia, age 86, passed away. He was Hired on August 17, 1959. After serving 27 years with the department, he Retired on July 16, 1986. He was born and raised in Socorro, New Mexico. As a young man he came to Albuquerque and joined the fire department. When he joined, the department was expanding because firemen went from a 72 hour work week to a 60 hour week. Because of recruiting difficulties locally, the city recruited from out of state. During cadet classes many recruits flunked out so the City over hired. In some classes all firemen graduated. This caused a large number of new firemen to Be assigned to Station # 1. Sometimes 8-10 firemen were assigned to ladder one, and 5 men were assigned to Engines 1-A and 1-B. He was promoted to driver in 1976, and to Lieutenant in 1973. In 1978 he became a certified paramedic and was assigned as a Rescue Lieutenant. He was promoted To Captain in 1980 and promoted to District Chief in 1983. He was a good firefighter and was an asset to the department and to his community. Our sincere condolences go to the Garcia family. At the family’s request no funeral services will be conducted.



**Minutes, September, 2021** – On September 8, 2021 the monthly meeting of the AFD Retiree’s Association was held at 4100 Edith NE, at the firefighter’s union hall, local 244. President Kerry Horton called the meeting to order at 7:05 PM and led members in the “Pledge of Allegiance. The opening prayer was led by Morris Guterrez and a moment of silence was observed for our deceased members. Roll Call- President Kerry Horton, Vice President, Pablo Garcia Jr. Secretary Fred Casias, Treasurer Mike Fox, and Historian Herman Bishop.

Fred Casias gave the August Secretary’s report. A motion to accept was made by: Louis Trujillo and was seconded by Ed Abeita. The motion Passed. Mike Fox gave the Treasurer’s report. After our annual picnic the association is in the black due to the many financial donations which made this year’s event a success. We kicked off a new program, “The Retiree’s Assistance Program,” at the picnic with a silent auction. Money raised at the auction and other donations now brings the “RAP,” fund to \$ 2,700. A motion to accept the Treasurer’s report was made by Ogee Lucero and was seconded by Bill Raupfer. The motion passed.

**President’s Report** – The 2021 AFDRA picnic was a big success. Thanks to Morris and Geraldine Gutierrez and all the others who helped out behind the scenes. The food was terrific and every one had a good time. The silent auction was a huge success and \$1500 was raised for our Retiree Assistance program. Herman donated \$300 from the sales of the book, “Firefighting Legends and Lore.” Thanks to Pablo Garcia Jr. for his \$50 donation to the “RAP,” program. There is a great possibility that Federal and State Legislation will eliminate co-pays for mental health therapy. There was a large array of door prizes. Thanks to Frank Maestas for his door prizes donations. Our honor guard is participating in two 911 ceremonies on September 11, 2021. First is at Veterans Memorial Park, Rio Rancho, 11:30 AM and at Civic Plaza, downtown, 1:00 PM

**Historian’s Report** – Herman reported the company that mails our quarterly newsletter will no longer be able to perform this service for us. At a special executive board meeting it was decided that we would develop an electronic web site and our future quarterly newsletters will be produced electronically and posted on the new website. The newsletters will no longer be available by the traditional U.S. Mail service. The new website and electronic mail service is under development and has not been finalized as of this date. We will provide the new information to our members soon as it is available. We have discussed the possibility to purchase a laptop to assist in the management of a new web page. We passed a motion to spend \$1,000 to purchase a laptop or PC Apple Tablet.

Eddie Abeita and Vince Holcomb have looked into reserving the Moose Lodge for our annual Christmas dinner, most likely

It will be held on December 9, 2021. Details are forth coming; we will keep you posted. Mike Fox reported that the museum display cabinets are nearing completion and should be ready by September 30<sup>th</sup>.

The raffle was won by: L.C. Trujillo, Bill Raupfer and Vince Holcomb. The closing prayer was led by Morris Guterrez. The meeting adjourned at 8:50 PM.

**Death Greg Armenta** – Sadly we announce the death of our retired Firefighter friend Greg Armenta, age 92, who passed away on Sunday September 5, 2021. He had been struggling with health issues during The past year. He joined AFD during March, 1957 because the department Was expanding. The new station # 1 was built, the training division was Created, the rescue squad had just been formed and the Fire Prevention Bureau had just opened. Before the paramedic division was formed the Department had rescue squads. Greg was one of the first personnel to Be officially assigned to the rescue squad. He spent most of his career Working on rescue one downtown. He was promoted to driver on April 18, 1960. After spending 25 years of faithful and dedicated service to his Community and the fire department Greg retired on June 4, 1982. His Grandson Nathan Armenta followed in his Grandfather’s foot steps and Is serving as an Albuquerque firefighter today. Greg was a strong and dedicated firefighter who loved his job. He was well liked by all who knew and worked with him. Our sincere condolences to the Armenta family.



Minutes, October, 2021- The 254 th monthly meeting of the AFD Retired Firefighter’s Association was held at the firefighter’s Union Hall, Local 244, 4100 Edith NE on October 13, 2021. President Kerry Horton called the meeting to order at 7:05 PM an led members in the Pledge of Allegiance. The opening prayer was led by Morris Guiiterrez. A moment of silence for our deceased members was observed and we remembered our brother Doug Sieben who recently passed away. Roll Call: President, Kerry Horton, Vice President, Pablo Garcia Jr. Secretary, Fred Casias, Treasurer, Mike Fox, Historian, Herman Bishop, President Emeritus, Sam Trujillo.

Our guest was Cynthia Borregio, City Council President, who is running for City Councilor in District 5, on the West Side. She is a friend of firefighters and asked for votes in the up coming City Election November 2<sup>nd</sup>. President Kerry Horton discussed the development of the AFDRA’s new web page under development. He is assisted by Fred Casias and his son Eric. The new web page has many possibilities to improve communications within our membership. We plan to post our quarterly newsletter, photos, AFD History, firefighter obituaries, current events, and other topics of interest to firefighters.

Fred Casias read the September minutes. A motion to accept was made by Edward Chavez and was seconded by Bill Raupfer. The motion passed. Mike Fox gave the Treasurer’s report. Gift cards were purchased for the honor guard for food and uniform cleaning. A motion to accept the report was made by Dave Clark and was seconded by Eppie Ortega. The motion passed. Historian’s report: Herman thanked Mike Padilla for the photos he took of the picnic. The process of the digital newsletter is coming along well thanks for the assistance from Mike Fox who is knowledgeable in newsletter software.

Plans are underway by Eddie Abeita and Vince Holcomb for the Christmas Dinner. It will be held at the Moose Lodge, 2121 Edith NE on Thursday, December 16, 2021. The social hour is at 6:00 PM and dinner will be served at 7:00 PM. Tickets are \$10 per person and may be purchased at the November 10 th and December 8 th meetings. Dinner choices are : Chicken fried Steaks and baked chicken breasts. Out of town members may purchase tickets from John Barnum by phone at (505) 582-6887 and may pay for them and get tickets at the door the evening of the dinner. Deadline for ticket purchases are December 9, 2021, so we can give the Moose Lodge a final tally.

The E-Board presented Joe Martinez a plaque of appreciation along with former honor guard members for his hard work and dedication as a founding member of the AFDRA Honor Guard. Raffle winners at Wednesday’s meeting was Noel Baca, Bernie Martinez, and Fred Teupell.

The closing prayer was given by Morris Guitierrez. The meeting was adjourned at 8:55 PM.

## **Webster Defines Mentor as, a trusted councilor, guide or role model Captain Joe said make your own SOB's**

### **Mentors**

**by Eddie Abeita**

These stories are small excerpts from retirees who have noted family, friends or officers who helped in the development of their fire career.

**Sam Trujillo**, had an interesting thought of a particular individual who Sam considered to be his mentor. As Sam said, there were others who I feel made contributions to my career development however the person who I give the most credit to is Louie Trujillo.

By watching Louie in my early years, I was able to develop a roadmap of how I should pursue my career. This was the key in my promotions where I advanced quickly as I did. Louie instilled in me that preparation and study were paramount. I was able to participate in six examinations in my career including an assessment center and proud to say, I came out first in all of them.

What also made me develop an interest with Louie was what coworkers said. I heard them say; he is so hard to work with because he is always by the book. Well, looking behind the curtain it's a NO BRAINER, in our profession firefighter safety is the golden rule! With Louie no short cuts, because he felt people mainly firefighters could be injured or killed by not following rules or procedures. Another thing I learned from Louie was documentation he always said, "if it happened" write it down.

Sam said there was also Evie Marquez and Greg Armenta who I worked with in the field they were more of a father figure. They both provided direction that guided me through my career.

**Pat McCarthy**, said attending our associations monthly meetings and just listening to stories from our younger retirees with laughs and smiles it appears that Eddie Abeita was a given mentor to many of us in our young careers now we are retirees.

Looking at mentors in the fire service I know that it's just like other things there are good and some not so good mentors. The not so good mentors are a small minority that do a lot of guidance based on their beliefs or personalities. I've always believed that these types of mentors you can also learn from in a non-conventional way. You listen, however you may have to take what they say with grain of salt. You might learn on what not to do because it could be their behavior, attitude, or other things that governs their thinking.

I remember us responding to a fire call back when we rode on the tailboard, when we hit a hard bump on the road it was a hard nasty bounce, but we held on. The officer had the driver stop the pumper and the officer came to the rear of the truck to check if we were OK Pat said, to me that showed a lot of caring the way he addressed his crew. That was one of those observations that you use to help pattern your career with.

## Webster Defines Mentor as, a trusted councilor, guide or role model

### Captain Joe said make your own SOB's

#### Mentors

#### by Eddie Abeita

[Pat cont.] I also remember during a fund-raising event for United Way, people were listed to be arrested and placed in a makeshift jail. It was up to their coworkers to donate money for their bail. A field chief agreed to participate in this fund raiser.

So, when a field chief showed he is not above rank and file to participate in a good cause, you start thinking this is what **"lead by example"** means. So, you start by mirroring their actions to help you to develop yourself, this will also enhance your character.

The retiree's association has the "random acts of kindness" which is a byproduct of what firefighters truly believe in to help their brother in need. Some firefighters in their young adult life, may have not had guidance or a mentor. When they enter the fire service this could be their first experience with a mentor. It's a learning experience for both the young firefighter as well as the mentor.

**Bill Raupher**, I remember my early years that set the tone of my career in the fire service. Lieutenant Ernest Archuleta was my first officer who was my first experience within a structured organization. I felt good because Ernest took me under his wing with basic firefighting operations where he showed me things about the fog patterns on a nozzle. He also told me about studying our AFD material and said this will help you in your career. At fires I knew Ernest kept me in his sights all the time so being a rookie this made me feel good.

I received my first permanent assignment at engine six. The officer was Lieutenant PB Smith, who introduced me to the other firefighters. One firefighter who was the driver was HH Chavez (AKA Lurch). Well, it was one of those situations where he could drive a person up the wall with his commits. The same commit went on for weeks when one day I said LURCH why do you make the same commit to me? He said because I like you and if you can put up with me, you can put up with anyone in the department. As crazy as it sounds, he mentored me into not taking any type of hazing personally. Lurch also said if we did not like you, we would not even talk to you or bother you.

**Mike Fox**, I thought about what a mentor is or what one should be you could make a laundry list of verbs. However, defining a mentor could also be your own perception.

I have categorized mentors, my first thought is being able to ***look up to someone***, which in my early career was Ray Padilla. He showed respect to me and so many others. This also follows how Jeff Elks was so much of a perfectionist and held a high professionalism while working on the rescue and later station captain. This leads to Henry Chavez who I still wonder how he gave respect to all "even the ones who may not have deserved it.

## Mentors

by Eddie Abeita

[Mike cont.] Being involved in EMS for so long I picked up positive things from others I worked side by side with. This is how I continued my own development to ensure a positive career and help others in their development. One thing in which I firmly believe, **“lead by example”** which civilian EMS coordinator Andy Hatch and Battalion Chief Gary Jones did so well.

There have also been some officers that were given the duty of mentoring a new firefighter. Some of them did this only because it was ***forced into them*** as part of their duty. There was also a different approach by some who thought they were giving some mentorship by just loudly ***speaking out***. Or as some might say a brassy mouth person.

**Fred Casias**, When Eddie Abeita announced his next story for the upcoming newsletter about mentors in our life, with a knee jerk reaction I thought I never had a mentor or even myself was never one. Sometimes it takes a few clicks of the old mind to understand what a mentor would or should be. Many of us think it's a structured approach to the full development of an individual. Although that could be a great approach the real world is that in the fire service its limited to short term involvement with new people. At station 17 us captains oversaw all 3 districts manpower status boards, with continuous decisions and updating. The younger firefighters looked to me and would ask why I made a particular decision or why I was or was not lenient to some firefighters? My response to them was well it might be in the rules and regulation or a fire chief's directive or maybe a union contract" thing. I always would say what do you think? Then the conversation would start, followed by the red books being explored. So, I must say this would be my part of mentoring young firefighters!

**Eddie**, firefighters have a 20 plus year career in the fire service. When we all entered the fire service, we may have been street smart however still wet behind the ears. There was a wealth of firefighters around us who we learned from; these were our mentors. Some firefighters would say, well I learned things all by myself, however not close to being true. My career started at the fire academy where Captain Joe Gonzales told us young recruits, when you go out into the field remember ***“make your own SOB's***. I went full circle with mentors starting with Herman Bishop. From my first tour of duty in 1973 and now with the retiree's association still listening to Herman he always had good vision about the fire service.

I was drafted into the fire academy where Art Loera became my mentor, he said with your ability to lead and teach you have a lot to offer. Art told me “Eddie we are the cadet's first involvement with them becoming a firefighter we help pattern their career”.



## Mentors

by Herman Bishop

What is a mentor ? When I think of a mentor I think of a more experienced older person who sets an example or gives guidance to a younger, less experienced individual. Mentors appear in many of life's situations such as families, friends, sports, workplace, military, neighbors or other life experiences. As I think back on my life experiences with mentors my two grandfathers and my father come to mind. All three were strong kind men who loved me and guided me during my early years. They showed me how to use their tools, guided me in sports, and encouraged me to be kind, honest, and to be helpful to others.

During Junior High School I remember coach Garcia, who had a love for football, he knew the sport well, believed in his players, and guided us to be our best. Although I was not a star player he treated me with respect and gave me the encouragement to play, be a team player, and most of all, to have fun. In my Army days, because of the rigid military discipline it was difficult to find a Sargent one really liked. However, I remember Sargent Fournier who was a firm but fair supervisor who followed the rules but was kind and caring if you made mistakes. He gave us a chance to make amends if we messed up and to remain part of the team. He also patiently was willing to spend time training us and to make us better soldiers.

Another mentor I had in the Army was the base commander, Colonel Harry Bailish, of Sandia military base. I served as his driver. I accompanied him on his daily duties, both on the base and in the community. During my assignment with him I met many important dignitaries, military leaders, community leaders, the Mayor, and Governor of New Mexico. He was a highly intelligent man, well read and versed in many subjects. He talked with ease to soldiers, nuclear engineers, Generals, community leaders, the Mayor, or Governor. I admired his intelligence, and knowledge on a wide range of subjects. He was a good role model and mentor. He inspired me to earn a college degree to become a leader, and following his positive traits I finally reached my life's goal, an appointment to Fire Chief.

When I joined the fire department Assistant Chief Ray Kuhn was our training chief. Although he was a tough taskmaster, I realized he was a firm, fair and caring individual. He was a walking encyclopedia of knowledge, anything fire department. I admired that and wanted to be like him. He never played favorites, he treated everyone the same. Later during my career as I worked with him for several years. He gave me expert guidance on leadership, budgeting, fire apparatus specifications, firefighting, rescues and how to handle firefighters. I learned a lot from him which led me to become an Assistant Chief, and eventually to my appointment as Fire Chief of Hickory, North Carolina. Ray Kuhn was one of the most intelligent persons I ever met in the fire service.

After fire cadet training I was assigned to the old fire station three at Bryn Mawr and Central Avenue NE. I went to work on a Thursday night and I met three of my new officers. John "Slim" Davidson was my Captain on Engine Three. Manuel Jimenez and Mauricio Cordova were the Lieutenants on Ladder Three. "Slim" Davidson was my Captain for three years and I responded to many, many, fires during those years. He was a seasoned firefighter and always led an aggressive attack into many dangerous fires.

I come to trust his judgement and knowledge and he always had the welfare and safety of his men in mind. He was a good teacher and a fine role model, and was kind and caring to firefighters and citizens alike. Later he became a District Chief and served the department for 40 years Mauricio Cordova was the Ladder officer on ladder three. He was a seasoned firefighter and took me under his guidance and taught me ladder operations. He was a strong man and shared his firefighting experience with me. I liked him and he was a good role model as well. Manuel Jimenez was the ladder officer on the opposite shift. He took time to teach me hydraulics, and ladder operations, He was an intelligent man, and well read on many subjects outside the fire department. His friends called him "The Professor." Outside the fire department he had a landscaping and lawn service. He hired me to work for him on my time off. We worked three summers together and I admired his work ethic. He had a good rapport with his customers and was a good public relations man for the fire department. I had a lot of respect and admiration for him.

After my promotion to driver I was fortunate to drive for two Assistant Chiefs, S.B. "Skid," Skidmore and Carl Macaluso. Both men had served many years with the department and were seasoned fire officers. Each of them took me under their wing and treated me well. I learned a lot about leadership, and how to perform the job of an Assistant Chief from those two men. The experience I gained from them was most valuable to me when I was appointed to Assistant Chief and later to Fire Chief.

Minutes November - On November 10, 2021 the 255<sup>th</sup> monthly meeting of the AFD Retiree's Association was held at the Firefighter's Union Hall, Local 244, 4100 Edith NE. The meeting was called to order by President Kerry Horton @ 7:05 PM. After the Pledge of Allegiance, Morris Gutierrez led the opening prayer. There were no retiree funerals during the past month. We held a moment of silence for the Gutierrez family as Morris's wife Geraldine lost her father a short time ago. Please keep the Gutierrez family and the entire fire family who lost a loved one this past year in our thoughts and prayers. New Mexico State Auditor Brian Colon stopped by to talk to our members to announce that he is running for New Mexico Attorney General. The current AG, Hector Balderas has completed his two terms and the office will be open next year.

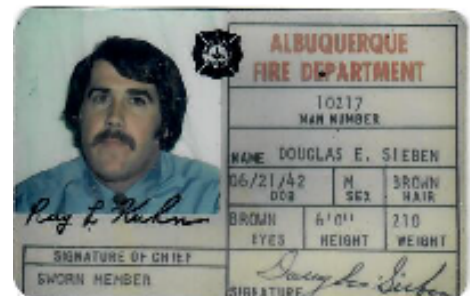
The new AFDRA webpage is under development and is coming along well and we plan to have the official launch at the end of the month. The web address is: afdretirees.com, and you can go to it now, but until the launch date you will only see our logo. We are excited about the development of our webpage, as it will vastly improve our ability to communicate with all our members in a very timely fashion. You will have immediate access to the most current AFDRA news. Also, you will be able to access the current and past newsletters (2000 to 2021). Included is AFD History, photos, Current events and much more. Some of the links will be "under construction," at the date of the launch. Long term plans are to have a firefighter business directory, and classified section for our members only, and more. We will be asking your input once the web page is launched.

The October minutes were read and a motion was made to accept and seconded. Motion Passed. Mike Fox gave the Treasurer's report. Books are open for review by our members. Members approved the purchase of a laptop to assist in the development of the webpage. The expense details will be reported in December's financial report. A motion to accept the treasurer's report was made and seconded. Motion passed. Historian's Report- The first ever AFDRA digital newsletter is almost complete and will be part of the web page launch. For those members not on the internet a number of newsletters will be printed the conventional way and will be available at December's meeting and also at the Christmas Dinner. Contact any E-Board member for a hard copy.

The Christmas dinner will be held on Thursday, December 16<sup>th</sup> 2021 at the Moose lodge, 2121 Edith NE. 6:00 PM, Social hour, 7:00 PM Dinner. Tickets may be purchased at the December 8<sup>th</sup> meeting or call John Barnum, (505) 582-6887. The menu choice is: chicken fried steak or chicken breast, mashed potatoes with gravy, vegetables, salad, bread, chili, and cake. Beverages are provided as well. There will be a cash bar at the lodge.

Museum – Museum display cases are completed and will be installed next Monday. A big thanks to Mike Fox for building the cabinets. Kerry will be reaching out to our members who have items to loan for the displays. A round of applause was given to brother Bernie Martinez for his volunteer work on the last alarm truck by polishing and cleaning efforts to make it look it's best. Morris Gutierrez led the closing prayer. Meeting adjourned @ 8:35 PM.

Death, Douglas "Doug" Sieben – Regretfully we announce the death of our retired firefighter friend and brother Doug Sieben age 79, who passed away on Tuesday September 28, 2021. After serving his country in the United States Army at Sandia Base, New Mexico he joined the Fire department September 3, 1968. He was a member of the 18<sup>th</sup> fire cadet class. He served 20 Years with the department and retired on June 17, 1988. Firefighter training was physically strenuous even for a man 26 years old. During fire training Doug laid miles and miles of fire hose. He ran up and down the 7 story drill tower dozens of times a day, with the other cadets until their tongues were hanging out. To qualify as a firefighter, cadets were required to jump into the life net from the third story of the drill tower and they had to endure the dreaded smoke room without breathing masks as a confidence building exercise. Doug was a good firefighter and was well liked by his fellows. He had a broad smile and we still remember his hearty laughter at the fire house jokes. He had an easy-going nature. He was a fire truck driver and was always willing to assist in training the new firefighters in pump operations and safe driving practices. Doug was a member of the retired firefighter's association for over 20 years. Our sincere condolences to the entire Sieben family. Doug was a key member of our firefighter family during his active-duty years and will be greatly missed by our retired firefighter family as well.



## Routines

By Kerry Horton

After my run in with the Chevy truck on Montano bridge while riding my bicycle, I had to start physical therapy to get my shoulder working properly. Three months of stretching those colored rubber bands, I knew I needed to go in a different direction. I remembered that my good friend, retired Commander Rob Sanchez, is a certified kettlebell instructor, so I gave him a call. A year and a half later we are still throwing kettlebells. We meet once or twice a week at the local park for some exercise and conversation. To give you a complete picture, throw in old man noises and complaining on my part, and you can see what our workout sessions are like.

I've really come to enjoy these workouts for a couple of reasons. One, I need the exercise, and two, I really enjoy the conversations. It's mostly stupid guy stuff, camping, shooting, politics, and probably even some good old firefighter gossip. Earlier this week we were talking about our weekly routines, like when we do our house chores. I told you we talk about stupid stuff! One of the routines that I carried over from my active-duty days is Thursday floor days, though at home it has expanded to general house cleaning. Every Thursday my wife and I know that we need to knock out these unfun chores, but why on Thursday? Way back in the day every Thursday was floor day in the department. One Thursday at Station 4, as the crew was stripping wax, mopping, and applying new wax on the no-wax floors, now retired Lieutenant Joe Luna told me he loved floor day. When I asked him why he could possibly love floor day, he told me that if we were working on Thursday, it meant that we had the weekend off. That reasoning has always stuck with me.

At this particular workout, I mentioned to Rob that I was at a loss as to what I was going to write about in this newsletter, and that I have bored all of you enough with talk about PERA, digital newsletters, and webpages. Earlier we had been talking about how some of our retirees have struggled with life after retirement, and Rob suggested that I talk about the routines that we continue in our retiree life that help us cope with stresses in our lives. This week alone, I had been contacted by two retirees that were seeking advice on how to get help in dealing with anger and depression, and I had run into another retiree that had recently gone through a tough divorce. That retiree said something that really moved me, he said that life is so much easier when you remove the negativity.

I think that it is assumed that when we retire, the stress of the job retires as well, but that's not true, is it? We are no longer going on calls, so what's the problem? I think that one of the biggest problems is that our coping mechanisms disappeared when the job disappeared. The ability to sound off with people of like-minded experiences, the built-in routine of shift work, and the assumed certainty of what tomorrow would bring. After retirement, all that went away and suddenly, we were faced with the possibility of starting a new job, being home every day, getting more involved with our kids/grandkid's lives, and building a new relationship with our spouse or partner, because the old one was based on you being gone once a week for 48 hours. Having a good support system at home, keeping enough positive routines in your life, and having more healthy and good habits than bad habits in our lives is key to healthy living, physically and mentally.

We all had work-related stressors when we were still on duty, and many of these stresses hang on our shoulders for many years after retirement. The only difference is how we're able to cope with them. Many of us are from the "don't talk about it just deal with it" generation, and I'm glad times are changing. Our ability to obtain mental health counseling is vastly improving, and the stigma related to reaching out for help is disappearing. Our ability to deal with life's stresses is no longer a representation of who we are. We are all different, and we all deal with the problems in our lives differently, even though we may share some of the same problems.

Public safety careers, and firefighters in particular, have statistically the highest rates of divorce, depression, and unfortunately suicide. What is changing is the awareness, and the ability to obtain help. As I have mentioned recently, starting in January, there will be no copays for mental health counseling, so that eliminates the financial burden of seeking help. Work on healthy routines like exercising or just hanging out with your friends on a weekly basis, or if you have the time, start that new hobby that you have always put off because life was too busy. The point is that there are others going through the same stressors that you are, so reach out and get the help you need, because life is so much easier when you remove the negativity.

**Retired firefighters Christmas dinner to be held Thursday,  
December 16, 2021, Moose lodge 2121 Edith NE tickets \$10  
each get tickets at the retirees' monthly meeting December 8<sup>th</sup>  
or call John Barnum at 505-582-6867**

**AFD RETIRED FIREFIGHTERS ANNUAL PICNIC  
AUGUST 21, 2021  
PHOTOS BY MIKE PADILLA**



**John and Debra Barnum**



**Robbie Sanchez and Ron Paiz**



**Chief G. Gallegos, T. Marshall, and J. Summers**



**J. Cheney, K. Horton, OG Lucero and H. Bishop**



**George Torres**



**Bill Raupfer and Earl Gleason**

**AFD RETIRED FIREFIGHTERS ANNUAL PICNIC  
AUGUST 21, 2021**

**PHOTOS BY MIKE PADILLA**



**Mike Murphy Family**



**Vince and Linda Holcolm**



**Pablo Garcia Jr. and Bridget**



**Morris Gutierrez, Mike Padilla and Edward Chavez**



**Sam Trujillo and Noel Baca**



**Rey Encee**



1974, Shoffner Lumber Fire  
Photo By: Dave Windle



Museum cabinets installed on November 15,2021 Photos by Kerry Horton, Cabinets by Mike Fox assisted by Jeff Fox, Joe Martinez and Robert Larranaga



ALBUQUERQUE FIRE DEPARTMENT  
 RETIREES' ASSOCIATION  
 5818 LA COLONIA NW  
 ALBUQUERQUE, NEW MEXICO 87120



### President's Message

By Kerry Horton

Hello everyone, I hope that you are all doing well and enjoying the Fall season. Fall is one of my favorite times of the year with all the vibrant yellows and reds lining the Bosque, cooler temperatures, and the promise of a Happy Holiday season. Traditionally, Fall is the harvest season, and even though not many of us harvest our food anymore, it is still an opportunity to get the family together for a feast. So, this Thanksgiving, after you have harvested your turkey and all the fixings from the grocery store, sit down with your family and talk about all the things that you are thankful, and grateful for. The difference is subtle, but there is a difference in being thankful for someone or something and showing an appreciation of kindness to someone.

This Holiday season, I would like to challenge all of you to reach out to someone that you have not talked to in a long time, and just let them know that you are thinking of them. It could be one of your old cadet classmates, an officer that you looked up to, or that pipeman that kept throwing away your sack lunch when they cleaned the refrigerator out. It doesn't even have to be a firefighter, maybe someone else special in your life that you haven't talked to in many years.

We have all been through a long period of isolation and saw societal norms thrown on its ear, so what better time to reach out and make those old connections again. All of us on the AFDRA Executive Board hope to see you at the Christmas dinner, and we wish you a very Merry Christmas and a Happy Chanukah.



**RIO GRANDE**  
 - CREDIT UNION -