

AFD RETIREE NEWS

PUBLISHED BY THE AFD RETIREE'S ASSOCIATION (as seen on our website www.afdretirees.com)

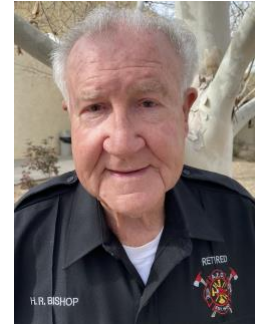
December 1, 2022

4-2022

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HERMAN R. BISHOP, EDITOR



Mike Fox, Assistant Editor

EDDIE ABEITA NEWSLETTER STORIES

This quarter we recognize retiree Eddie Abeita who has been writing firefighter stories for over 50 years for our fire Department newsletters. During the 1970's in the early fire department newsletters, Eddie published a series of articles about fellow firefighters titled "Faces From The Past." When we began publishing the retiree's newsletters over 22 Years ago Eddie stepped forward to write stories about our retirees. Eddie was the first career "Native American," in the Albuquerque Fire Department. He comes from a firefighter family. His father was a driver in the Gallup, N.M. Fire department and his brother Alfred was the Fire Chief of Gallup F.D. many of his family members were also firefighters. Eddie joined AFD in March, 1973 and achieved the rank of Commander in the alarm room and Fire Academy. After Retiring from AFD he worked for the U.S. Department of Indian Affairs. Finally he retired in March, 2011 after serving over 38 Years in the fire service.



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2022 AFDRA Christmas Dinner

This year's Christmas dinner will again be held at the Moose Lodge located at 2121 Edith Blvd NE in Albuquerque. Tickets will be on sale at the union hall on Saturday, December 3rd from 10 to 1. If you cannot make it, you can call John Barnum at (505) 582-6887 By December 8th.



Minutes September 2022

On September 14, 2022 the 265th monthly meeting of the AFD retired firefighter's association was held at the firefighter's union hall, 4100 Edith NE. President Kerry Horton called the meeting to order @ 7:06 PM and led members in the Pledge of Allegiance. A moment of silence was observed in honor of our deceased members. Morris Guterrez led the opening prayer. Roll Call: Kerry Horton, Vice President, Pablo Garcia Jr. Secretary, Treasurer, Mike Fox, Historian, Herman Bishop and President Emeritus, Sam Trujillo. Secretary Fred Casias was absent.

Guests, Eli Springer retiree who attended his first retiree meeting was welcomed by Kerry. Chris Garcia, Chaplain and David Myers, AFR's Mental Health Program director recently attended the "Peer Support Training and gave a report. David reported on the upcoming Imagine Albuquerque clean-up program. He is requesting assistance from retirees to clean trash and weed all over the City on September 24, 2022. Contact Kerry Horton if you would like to participate @ (505) 934-2969.

President's Report — Kerry said the picnic was a great success and he thanked Morris Guterrez and his team who worked really hard to ensure things went well. The food was great and many compliments were received. Mike Fox was congratulated on winning the "Man Of The Year," award. Please see our website afdretirees.com to view the photos, courtesy of Mike Padilla. Rate increases for our healthcare through New Mexico Retiree's Health Care was discussed and will become effective January 1, 2022.

Secretary's Report — Herman Bishop read the August monthly report for Fred Casias who was absent. A motion to accept was made by Eddie Abeita and seconded by Morris Guterrez. The Motion passed.

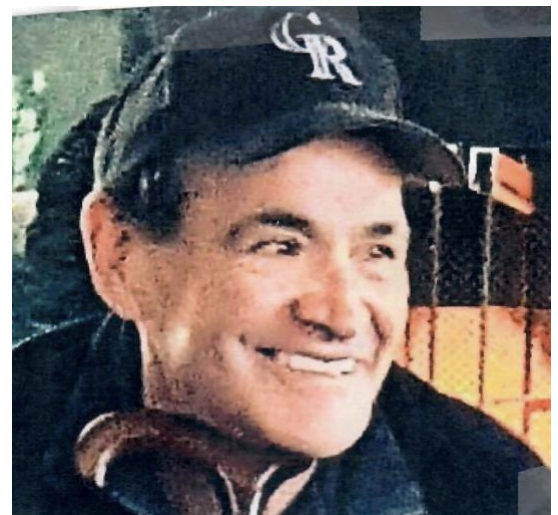
Treasurer's Report— Mike Fox gave the Treasurer's report. The annual picnic was a huge success and was supported by our treasury. All bills are paid and our finances are in the black. A motion to accept the treasurer's report was made by Bill Raupfer and was seconded by Louis Trujillo. Motion passed.

Herman Bishop gave the Historian's report. He was requested to identify two historical photos won by Rainier Perez at the picnic silent auction. One photo was an 1880's photo of the Fergusson Hook & Ladder Co. and the other photo was a 1923 photo of AFD pumpers/ chief's car, and ladder #1 in front of the old City Hall/Fire Station One at 2nd and Tijeras NW.

O.G. Lucero recognized Honor Guard Member Joe Martinez for his many years service. Joe recently stepped down as an Honor Guard Member. His honorable and dedicated service to our association is greatly appreciated.

Eddie Abeita announced our Christmas dinner will be held on December 15, 2022 @ 6:00 PM at the Moose Lodge 2121 Edith NE. Retiree's and their families are invited to attend. The raffle was won by: Omar Diningrat, Noel Baca, and Ed Chavez. Morris Guterrez led the closing prayer. Meeting adjourned @ 8:55 PM.

Death Bernie Saavedra — Regretfully we report the death of retired firefighter Bernie Saavedra, age 79, who passed away on August 25, 2022 after a long term illness. He was born in Seboyeta, New Mexico on October 18, 1942. He joined the Albuquerque Fire Department on October 17, 1966. After serving over seventeen years of faithful, dedicated service to his community and the fire department he retired on March 7, 1983 on a medical disability after suffering a major injury on the job. He was a member of the 18th fire cadet class at the old fire academy at 1510 Kit Carson adjacent to the zoo. When Bernie was a fire cadet they were required to jump into the life net from the third floor of the drill tower (a practice now discontinued). Of course cadets ran up and down a seven story drill tower numerous times a day, laid miles and miles of 2 ½ inch hose from the moving fire truck during their eight weeks of training. Of course they endured the dreaded smoke room without breathing masks for several minutes until the instructor gave the OK to put breathing masks on. Our sincere condolences are offered to the Saavedra family.



Photos Silent Auction

BY: HERMAN R. BISHOP

(August 27, 2022)

At the retired firefighter's picnic held on August 27, 2022 retiree Rainier Perez won two historic photos at the silent auction. He requested additional information about the photographs. Historian Herman Bishop provided the following information.

PHOTO # 1 Albuquerque, Hook & Ladder Companies

February, 1882 — Albuquerque Volunteer Fire Hook and Ladder Company, Bucket Brigade formed. The company was hand drawn and had 25 volunteers. A huge fire bell was located at the vicinity of 2nd street and Central Avenue NW. Generally the fire district was from 1st street to 10th street and from Hazeldine on the south to Mountain road on the north.

When the fire bell tolled all available volunteers mustered to the fire station about 1st & Central NW and grabbed the ropes attached to the ladder wagon and ran towing the rig to the fire. The fire companies had lantern boys (9 to 15 years old) who ran with the wagons lighting the way at night.

The photo you have is of the Fergusson Hook & Ladder Company formed June, 1886 — The Fergusson Hook and Ladder Company had 20- to 25 volunteers and was named after a prominent Albuquerque lawyer Harvey Fergusson. Mr. Fergusson was an avid supporter of the volunteer Fire Department and was a huge financial contributor. It was traditional to name fire companies after prominent citizens who supported the fire department financially. During this era there were two fire hose companies, A.A. Grant Hose Company and Scott Moore Hose Company. The hose companies had two wheels, 6 feet, 1 inch high and held 1200 feet of 2 ½ inch fire hose. Ropes were attached to the wagon tongue and was pulled by 20 to 25 volunteers and accompanied by a lantern boy. The city installed a fire hydrant system in June, 1885. Harvey Fergusson had a prominent daughter, Erna Fergusson.

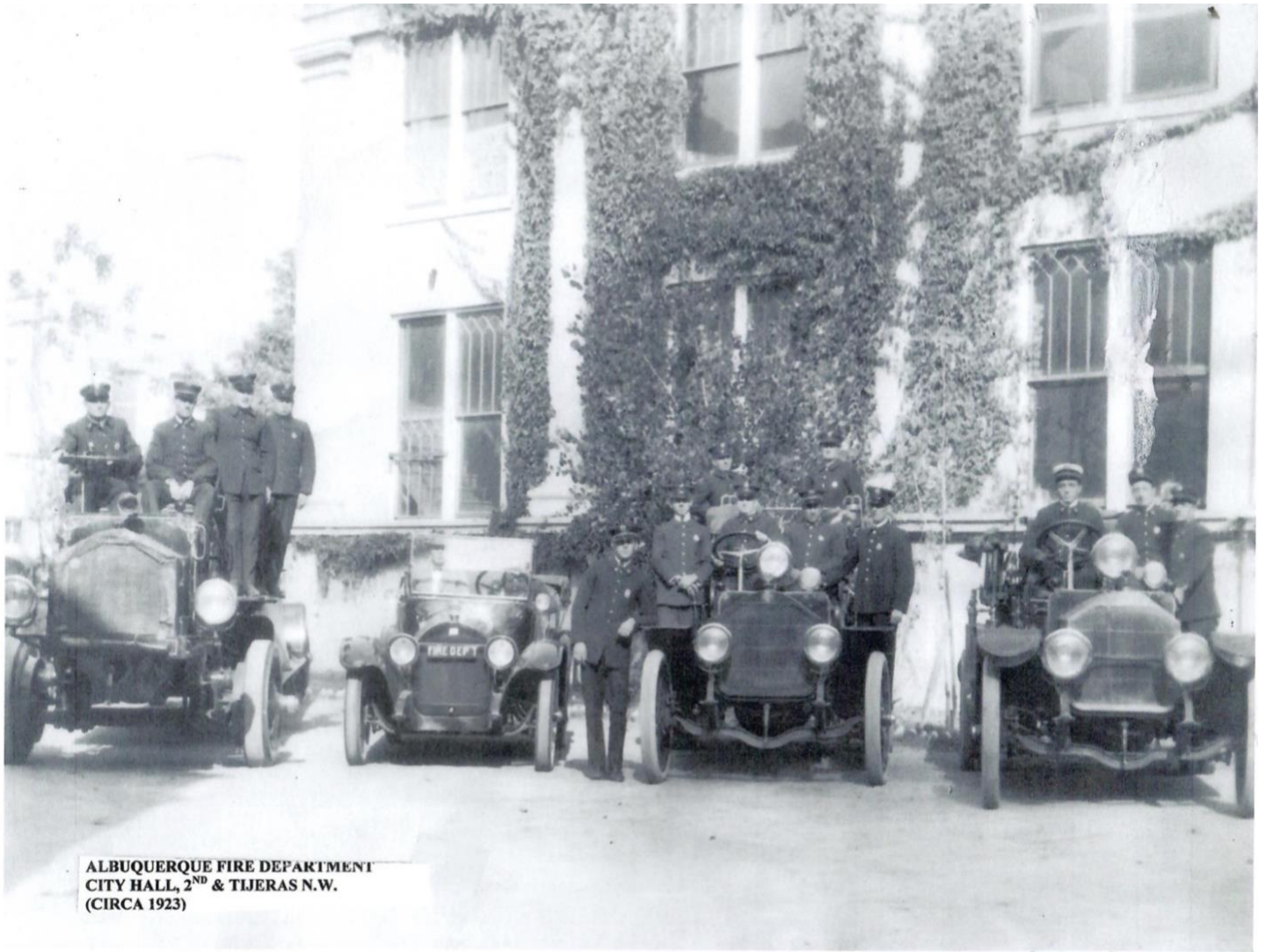
Erna Fergusson — January, 1888 to June 1964, age 76. Erna Fergusson was the daughter of prominent Albuquerque Lawyer Harvey B. Fergusson. She was a newspaper reporter, and author. She wrote the book, "Dancing Gods," and was the founder of the Albuquerque Historical Society. In 1966 The Albuquerque Public Library System opened the "Erna Fergusson," public library in her name at 3700 San Mateo NE.



FERGUSSON HOOK & LADDER COMPANY
ALBUQUERQUE FIRE DEPARTMENT
THE LADDER WAGON WAS HAND DRAWN
(CIRCA. LATE 1880'S)
COURTESY, AFD RETIREE'S ASSOCIATION

PHOTO - MOTORIZED FIRE APPARATUS (CIRCA 1923)

This photo was taken in front of City Hall Located at 2nd Street & Tijeras NW. On the left is ladder one, 1920 American La France, 75 foot aerial ladder. This ladder is now on display at the Albuquerque Fire Museum, 11,500 Sunset Gardens SW. The car (Circa, 1913) was Fire Chief Fred Russel's Chief's car. The pumpers are Albuquerque's first motorized pumping engines, a 1912 and 1914 American La France pumpers, 600 GPM, built in Elmira, New York. Albuquerque purchased 2- fire horses in June, 1900, named Tom & Jerry. Horses were used officially until October, 1914, when they made the last fire call. However horses were kept as back-up until September, 1918. Special Note: The old city hall housed fire station one, the City Manager's Office, Personnel, Police, Parks & Recreation. Public works. Water & Sewer. etc all city departments.



Minutes October 2022

The 265th monthly meeting of the AFD Retiree's Association was held on October 12, 2022 @ 7:05 PM at the firefighters Union Hall, Local 244, 4100 Edith NE. Sam Trujillo filled in for President Kerry Horton who was on vacation. Sam led members in the Pledge of Allegiance. Brother Morris Guterrez led the opening prayer and a moment of silence was held in memory of our deceased members. Roll Call President Emeritus Sam Trujillo, Vice President, Pablo Garcia Jr. Secretary, Fred Casias, absent Treasurer, Mike Fox, Historian, Herman Bishop, Robby Sanchez gave a report on the trip our local retired firefighters IAFF Motor Cycle Group took to the Firefighter's International Motor Cycle Convention in Kanab, Utah. Fourteen members attended. From there they attended the National Firefighter's Memorial on September 17, 2022 in Colorado Springs. Robby gave a big thanks to Dennis Louder who followed the group in his truck and provided back-up assistance along the way.

Secretary's Report Herman Bishop gave the Secretary's report. A motion to accept was made by Louie Trujillo and was seconded by Noel Baca. The motion passed. Mike Fox gave the Treasurer's report. Plans are underway to finance the annual Christmas Dinner. Our finances are in the black. Mike thanked all who recently donated. A motion to accept was made by Ralph Sedillo and was seconded by Robby Sanchez. Motion passed.

The Historian's report was given by Herman Bishop He gave a review of the up coming December 1st newsletter. This edition will have a Christmas theme and some great stories have been submitted by Ed Abeita, Mike Fox, and Kerry Horton. Eddie Abeita has been writing articles about fellow firefighters for fire department newsletters for the past 50 years. In December we focus on the Eddie Abeita story and his connection with the fire service for over 50 years. Herman invites fellow retirees to submit stories about their careers with AFD. Herman thanked Kenny Sewell for submitting photos of the AFD Horse Patrol from years past. Hopefully a story is forth coming about AFD Horse Patrol. Sam thanked Kenny Sewell for the fine job he did on re-weaving and constructing the colored rope for our fire bell. Although Joe Martinez stepped down from the Honor Guard duties he will remain active with our association and will continue to build our retiree honors plaques. Eddie Abeita said our annual Christmas dinner will be held on Thursday December 15, 2022 at 6:00 PM. It will be at the Moose Lodge 2121 Edith NE Tickets will cost \$10 and may be purchased at the next retiree meeting on November 9, 2022 and at the Union Hall on December 3, 2022. You can buy tickets from John Barnum, call (505) 582-6867.



Morris Guterrez is planning the annual flag pole ceremony in the spring to honor 37 additional deceased members who have passed away since our last flag pole dedication ceremony The ceremony will be held at the Fire Academy Grounds, 11500 Sunset Gardens SW in the spring. (Date to be announced early 2023) The Raffle was won by Bernie Martinez, Morris Guterrez, Joe Costales, and Louie Trujillo. Morris Gutierrez led the closing prayer. The meeting was adjourned at 8:35 PM

Death Herman Sanchez — We are sorry to report the death of Herman Sanchez age 80, who passed away on September 13, 2022. He joined AFD in March, 1967 and after serving 23 years with AFD he retired in December, 1990. He was a member of the 34th fire cadet class. Training was 8 weeks long and was physically strenuous. Cadets ran 5 miles a day and ran up and down the seven story drill tower many, many times a day, they were physically exhausted, they rested good at night. Herman was promoted to driver in 1974, Lieutenant, 1978 and to Captain in 1981. He loved his job and was respected by co- workers and supervisors alike. He was a member of the AFD retired Firefighter's Association. Our most sincere condolences to the Sanchez Family.



Tidbits

(Stories by Mike Fox)

I've been shot!

As part of the paramedic training program, new paramedic candidates must do an internship with an experienced crew. The tail end of that process includes a period of time where the paramedic candidate must perform as a lead paramedic on a series of calls.

My first experience as a lead paramedic was a night shift. As it happens, we did not have a single call until about 2 o'clock in the morning. The call came in as an unknown situation, as we arrived we saw a gentleman sitting on a chair next to his front door. Taking the lead I went up to him and asked "how are you feeling". He told me "I feel like shit". I asked him what was wrong and he said his back hurt, in trying to discover why his back hurt he informed me that he had been shot. I immediately went into high gear and pulled his shirt up to reveal an old scar. I then asked him when did you get shot? He told me it was in Vietnam.

So, having totally blundered the evaluation of the situation. I started over and asked him why did you call for help tonight. He informed me "I didn't call my neighbor did, I can't get my key in the door and she won't let me in." Turns out after a late night of partying he could not physically get his key into the door knob. My treatment plan included opening the door for him, talking him to bed, placing his keys on his dresser and locking the door on our way out.

It turns out it was a good lesson on making sure you ask the right questions

Not a #%*damn thing

Early in my career, while working on rescue one downtown with an awesome crew, we responded to a call of a gentleman wandering in and out of traffic. The caller was concerned he was going to be struck by a car if he did not get out of the street. As we arrived on scene we did find an elderly gentleman staggering down the sidewalk and stepping into the street periodically as he was unable to maintain his gait. I was working with a seasoned paramedic lieutenant who knew a lot about alcohol counseling. We spent about two hours standing on the side of the road in the heat talking to this gentleman. At one point during the conversation, which was conducted entirely between our lieutenant and the elderly gentleman, the elderly gentleman stopped in mid-sentence, looked me square in the eye and said in a slurred voice "do you know what I like about you?". I said "no what?" He said "not a #%*damn thing" he then turned back to the lieutenant and continued on with his conversation without missing a beat. The driver and I about fell into the street ourselves trying not to laugh.



It was another perfect day!

A long night

Very late one night/early morning, we responded to a call that was reported as a "down and out". As we arrived, we found an elderly gentleman that was quite inebriated. The police wanted us to take him to the hospital because they didn't think he could walk. We agreed to take it from there and the police officer left to continue on with his backlog of calls. As we continued to evaluate this gentleman, we realized that he was sober enough to walk and communicate well. Rather than having the ambulance continue to respond and waste valuable resources, the decision was made to take the gentleman home, as he lived nearby. This type of use of the rescue unit is not allowed, but sometimes it's the right thing to do. Now that I'm retired I guess I can report this and not get in too much trouble. It would've been worth the trouble even then. It would not have

been the first time I was in trouble for doing the “wrong” thing, even though in my opinion it was the right thing.

We took the gentleman to his address that he reported, and proceeded to knock on the door. There was a long wait with nothing happening. The gentleman assured us that his wife was at home. We repeated the rap on the door this time a little more vigorously. Within a short minute a light turned on inside, but nothing happened. Shortly after that the light went back out, so we knocked again. The light came back on and we noticed an elderly woman peeking through the curtain. She did not come to the door. We knocked again and finally were able to get her to open the door to see what we wanted. We informed her that we were there to return her husband who was a little bit too inebriated to find his way home on his own. She informed us that she was not married and closed and locked the door. This turn of events let us to no other option but to have the ambulance return and send the poor gentleman to the hospital. He insisted the entire time that was his house and was his wife.

It was a long night! Especially for this gentleman.

“You can make it”

Sometimes when you tell the story of a real life situation, it just seems that it can’t be real. How many things can happen at one time? This is such a story.

One afternoon, early in my paramedic career, we responded to a childbirth call. It was in the San Jose neighborhood and our driver knew the area well. He knew of a shortcut through an alley that would cut off a long four block stretch of residential street. As we proceeded down the alley and turned the corner to head in the direction we needed, we came upon a car parked in the middle of the alley. Just to the side of that car was a clothesline pole mounted in a yard. The driver took a look at it and said to the officer “do you think I can get through there?” the officer said with confidence, “YOU CAN MAKE IT” as the driver continued to proceed, if it was very tight. The officer had to get out of the truck and pull the clothesline pole 1 inch in order to clear the handle on the patient door of the rescue. After the door cleared, as the tires passed the pole, there was a bolt sticking out at the bottom that tore the sidewall of the tire and a quick rush of air came out. Hearing this, the homeowner came running out and stated “Do not move that truck! I have been trying to get the city to keep people from parking in the alley for a long time! Now is my chance to make something happen.”

Realizing how upset the homeowner was, the Lieutenant told me to grab the equipment including an OB kit and run down to the house and report back. As I arrived at the house I was greeted by several excited but stressed out individuals. They escorted me back to the far corner of the old house, where I observed a woman lying on the floor and another kneeling in front of her holding a baby that had just delivered. Upon seeing me, she held the baby up slightly toward me with a very scared look on her face. Knowing I had no time to get on the radio and report my situation, I immediately suctioned the airway, wrapped the child and prepared to cut the cord. About that time, sensing something was up, the Lieutenant poked his head in the door and said how’s it going in here. My response was it’s going well, but..... as I was saying this he said “OK I’ll be back” and walked out the door. By this point the cord was ready to be cut and I proceeded with that. The ambulance arrived shortly afterwards and mom and her new baby were transported to the hospital without event. The event with the blown out tire and the angry neighbor took us most of the rest of the day to deal with.

Throughout the rest of my career, and to this day whenever somebody is in a tight situation the proper response is:

“YOU CAN MAKE IT!”



“some fire cadets get anxiety in confined areas”

Eli Springer Story

By Eddie Abeita

Eli retired from Albuquerque Fire Rescue (AFR) December 2021. He last rank held was paramedic Lieutenant. Eli enjoyed his career starting as a fire cadet, firefighter, driver, and Lieutenant.

Eli was encouraged to apply for a career with Albuquerque Fire Department (AFD) by his uncle AFD retiree Alfred Romero.

As a fire cadet he remembered fire academy training with various types of experiences. Some days could be stressful with preparing for weekly examination and continuous hands-on drills/training.

Eli remarked it felt good in learning about the operations of the fire service, how it is applied to field functions of a firefighter. You use all aspects of fire training in helping the public under their emergency needs.



The smoke room was a good training experience a lot of adjectives involved. However, for some cadets it was stressful working in an area where you cannot see your hands right in front of your face. *I've heard* some fire cadets get anxiety in confined areas, but that's where the instructors come through and give the cadet help in preparing them for working in stressful conditions.

Fire instructors are good in helping cadets get use to and dealing with all types of situations it's always a new learning experience. That's where you learn how important teamwork and accountability is. One of the big things stressed was, correct use of protective gear and Self-Contained Breathing Apparatus (SCBA).

“the crew I was with were seasoned and not excited as me”

Eli Springer Story

By Eddie Abeita

My first assignment was station 12, and that’s where I responded to my first alarm call. It was an Emergency Medical Service (EMS) call, dispatch stated a person was having a seizure. The crew I was with were seasoned and not excited as me, looking back it’s a different type of situation, compared to a cardiac arrest. However, the patient still received a high level of “tender-loving-care” (TLC) and that was crucial with every call.

When I was transferred to station 16, I remember some calls that were referred to as public assistant call. These calls were from people who were not in need of emergency treatment but as an example needed help getting back into bed.

This one gentleman that we and the other shifts responded to was a retired WW 2 pilot such a nice and interesting human being. He would call fire dispatch because he needed help into bed after a fall or other reasons. Calls like this were common, it was sad because most all callers were all alone, no family around.

All calls were handled with TLC. Now with the AFR involved with *HEART it helps the public in in these unique situations.

*HEART; The Home Engagement and Alternative Response Team (HEART) launched in 2018 and focuses on providing better resources for high utilizers of the 911 system. AFR is streamlining current dispatch practices to better utilize apparatus as well as providing innovative options in how and when crews are placed out of service for training, health physicals, or vehicle maintenance.

Each station I was assigned to, I cooked at least one of the meals, however at times it could be 2-3 meals. Because of the long shifts we had others who would volunteer to help cook one of the meals which is good because a variation of cooking styles. The meals I cooked were mainly by request from the troops which made it easy. I did prepare a lot of meals based on cost to keep them affordable because sometimes firefighters on duty may run a little short on funds by the end of the last shift.



“being able to be around good mentors”

Eli Springer Story

By Eddie Abeita

It seemed after a meal they were satisfied because I heard no complaints just things like, good/great/ tasty meal. One favorite meal because it was tasty, filling, and inexpensive was *Indian Tacos*.

I've been asked about how I moved up through the ranks. I can say there are different factors. One being able to be around good mentors. Ron Sanchez was an officer that I thought did an extremely good job. I was assigned to the rescue program where I worked with Officers Mike Mestas and James Dahl. The respect they gave to the firefighters, the firefighters in return gave them respect.

Of course, there were very few officers that had a different way of interaction with personnel and how they perceive things. In a way there is a lot you can learn from them maybe in what they do, you do not do. Of course, we all have different viewpoints, however good or bad it was a great learning experience.

I liked chief Robert Larranaga who gave a lot attention to rank and file very understanding person said Eli.

Eli said, working in the field was good however I did think about support divisions but not for very long. Some facilities/fire stations needed repair and some facilities were nice. The biggest thing was some stations had heating ventilation air condition (HVAC) systems not in the best condition and in need of repair or replacement. There is limited privacy except for a separate bunk or bathroom in some stations. Any firefighter will tell you if you need privacy, you won't find it in any fire station.

You enjoy the service you provide to the public however when you get close to the magical retirement years, you start to wonder is it time to go? The shifts were quite long plus the calls, make it real stressful and this can also affect your family. I decided to retire in 2021. I miss the troops but happy with my decision and family life. I have a job with Lifeguard as a dispatcher, which keeps me associated with EMS. Today my wife and I travel, enjoy the outdoors, fishing, hunting, concerts, and Las Vegas.



“Eli said look back on your career as positive”

Eli Springer Story

By Eddie Abeita

We have 2 boys and 2 girls. Ages 18, 19,22,25. The oldest is currently in paramedic school and will be seeking a career in Colorado Springs CO. My wife is currently vice principle at Valley High School.

Eli said look back on your career as positive and we need to look forward to the future. With our retiree’s association it’s a plus to be part of and with our brotherhood the camaraderie continues after retirement from AFR.





Minutes November 2022

The 267th monthly meeting of the AFD Retiree's Association was held on November 9, 2022 @ 7:05 PM at the firefighters Union Hall, Local 244, 4100 Edith NE. President Kerry Horton called the meeting to order and led members in the Pledge of Allegiance. Brother Morris Guterrez led the opening prayer and a moment of silence was held in memory of our deceased members. Roll Call – President Kerry Horton, Vice President, Pablo Garcia Jr. Secretary, Fred Casias. absent, Mike Fox, Historian, Herman Bishop, President Emeritus, Sam Trujillo. O.G. Lucero head of the Honor Guard announced the appointment of two new members, Anthony Nuanez and James Parra. Congratulations guys, you are a welcome addition to the honor guard. James Para said that New Scripts Pharmacy is making a donation to purchase honor guard uniforms. Retiree Pat McKinney visited and reported that he has received his master's degree in Mental Health Therapy Kerry Horton gave the president's report: We were contacted by the Chief of the Rio Grande Estates F.D. for assistance in the funeral of their past fire chief L.E. Reuben. Kerry assisted in the ceremony and lent them our ceremonial fire bell. Kerry is working on obtaining a grant from the N.M. Governor's office to re-furbish our funeral truck. (\$250,000). Due to the absence of our Secretary, Fred Casias a motion to table the report was made by Eddie Abeita and was seconded by Morris Guterrez. Motion passed. Treasurer's Report – Mike Fox gave the Treasurer's report. He thanked members for their recent donations which has been a great benefit and support of our association. The records are open to our members and anyone is welcome to view the records. Tickets are on sale for our Christmas dinner, December 15, 2022. Call John Barnum for tickets. A motion to accept the Treasurer's report was made by Jimmy Candelaria and was seconded by Sam Trujillo The motion passed. Herman Bishop gave the Historian's report. He gave an update of the AFD Fire Rescue Timeline for the years, 2021 and 2022. Morris Guterrez is working on updating the name tags for our memorial flag pole honoring deceased members. He thanked Mr. Nick Mendez for donating the new name tags. Funds were raised to send Mr. Mendez and his family for a complimentary stay at the Tamaya resort hotel for his generosity. Best wishes were sent to retirees on the sick roster: Dennis Louder, Bob Martinez, David Alarid. The raffle was won by Robbie Sanchez, Noel Baca, and Edward Chavez, The closing prayer was led by Pat McKinney and the November monthly meeting was adjourned at 8:38 PM

Death Tom Tucker Regretfully we report the death of our brother firefighter Captain Tom Tucker who passed away Sunday September 25, 2022 after a long term illness. He joined the Fire Department on February 24, 1986 after serving 20 years of faithful and dedicated service to his community and to the department. He retired on June 10, 2005. He was a member of the 41st fire cadet class. The training was physically taxing requiring endurance, similar to Army Boot Camp, Cadets had to run five miles a day and run up and down the drill tower dozens of times a day. They laid miles of 2 ½ inch fire hose, connecting to fire hydrants until they could do it in their sleep. Firefighters were in great physical shape upon graduation. Tom was promoted driver in 1988, to Lieutenant in 1991 and to Captain in January, 1997. Tom was a personable, happy go lucky type person. He was quick to smile and was an excellent instructor while serving with the paramedic program at the Fire Academy. Our sincere condolences are extended to the Tucker family.



Family and Friends and Holidays By Kerry Horton

Aside from all the hustle and bustle, increased traffic, and spending way too much money, the holiday season really is a great time of year. Fall colors giving way to snowcapped mountains, pumpkin spice finding its way into literally everything, neighborhoods transforming into holiday oasis with gaudy lights and inflatable decorations swaying in the wind, OK, maybe not all that, but you know what I mean.

The holidays are the perfect time to slow down, take a breath, and reconnect with family and friends. Every family has traditions that are special to them, forming memories that reach back a lifetime. Introducing these traditions to the newest members of the family is very special as well, whether it's driving out to the country to cut the Christmas tree, cooking those traditional cookies and meals, or lighting the candles on the menorah, traditions bond families of every faith. This is the time to celebrate all our family traditions, new and old.

With all the wonderful things that the holidays bring into our lives, for some they also bring sadness and heartache. The sadness of spending the holidays without a loved one who may have passed recently can be unbearable. Every year we lose members of our fire family, and we do a great job of celebrating their service to the community and the fire department, and then we get on with our busy lives. Sometimes our members have lost children or spouses, and they must deal with the holidays with a broken heart. This makes spending time with family and friends even more important. Reach out to the families of our passed away Brothers and Sisters, and let them know that they are still a part of this huge, retired fire community. Reach out to that friend that lost a spouse or child and let them know that even though we cannot make the pain go away, we are there to support them in difficult times.

We all bonded in the fire service, dealing with other peoples' most difficult circumstances, then going back to the station to get ready for the next tragic call, but we were never really trained in dealing with our own tragedies and sadness. This is where we prove our worthiness as a fire family. Reaching out to our brothers and sisters even when it is difficult and uncomfortable, reaching out to just hold their hand for a while so that tomorrow comes a little easier. We are fortunate that we have many resources available to help us when we are in need, but firefighters



are inherently stubborn and either do not recognize the need for help or are just too proud to ask for it. Reaching out to a friend who you know has gone through a difficult situation in the past is not an assumption that they need help, it's just being a good friend. Let them know that their friendship and wellbeing is important to you.

Many of us struggle with depression, loneliness, or anxiety from a multitude of causes, and we just never seem to reach out for the help we need. Though seeking help ultimately falls on the individual, it is all our responsibility to look after our fire family, just like we did back when we were still on the job. If you know someone that may be struggling with depression, loss of a loved one, or substance abuse, steer them towards help. We have many resources available, and here is a list.

The main source of help is the mental health recourses available through your medical provider. The three insurances provided by Retiree Health all have good mental health providers, but if the co-pays are an obstacle standing between you and the help you need, the AFDRA has a Retiree Assistance Fund to help with the co-pays.

AFDRA has sent a couple of our members to Peer Support Training classes to help our members manage difficult times or the transition into retired life. Those members are:

Danial Encinias, Peer Support member. 505-440-5077, danielenc@comcast.net

Christopher Garcia, Peer Support Member and Chaplain. 505-239-3828, christophergarcia@aol.com

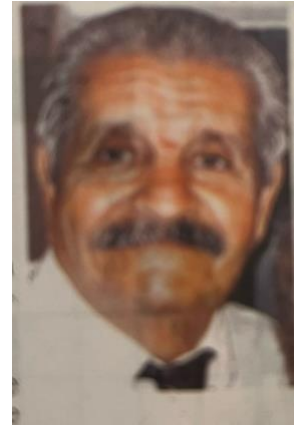
Patrick McKinney, LMHC, 505-929-9779, Patrick.m.mckinney@gmail.com.

AFDRA also has other chaplains among us not listed here, and we have many members that have experienced the same hardships that you may be facing. You just need to reach out to any retiree member, friend, your church, or any E-Board member. our numbers are listed in every newsletter. Remember, there are a lot of resources out there, and you do not need to suffer in silence.

We wish everyone a safe and healthy Holiday Season.



Tomas Placencia Death—We regret to report the death of our fellow retired firefighter Tomas Placencia, age 85, who passed away on November 9, 2022. He joined the Department on September 7, 1965 and after 22 years of faithful and dedicated Service he retired during December, 1987. Tom was in the 11 thfire cadet class and Trained at the old Fire Academy at 1510 Kit Carson SW, adjacent to the zoo. He had a successful career in the department and went up the promotional ladder of success quickly. He was promoted to driver in 1972 and was promoted to paramedic Lieutenant on February 26, 1979. He dearly loved being a paramedic. He was a good role model to Fellow firefighters as they too studied to become paramedics. Tom had an outgoing personality, a great smile and a good sense of humor. He was recognized as a leader and was a friend to those coworkers he encountered on a daily basis. Tom was a member of the Retired Firefighter's Association. He was our brother firefighter a member of our big firefighter family. Again, our sincere condolences to the entire Placencia family.



David C. Alarid Death – Sadly we announce the death of our fellow firefighter, retiree David C. Alarid, age 76 who passed away on November 8, 2022 after a long term illness. He joined the Albuquerque Fire Department on March 25, 1974 and after serving over 22 years with the department he retired on April 16, 1996. He was a member of the 25 th fire cadet class. The family has declined to have a firefighter funeral by the AFD Retiree's Association, however, the family plans to have a celebration of life service at A later date. David was proud to be a firefighter and was well liked by his supervisors And fellow firefighters as well. He enjoyed the daily firehouse activities and pranks by His coworkers. He was always ready to give the school children firehouse tours and Even let them sit in the seat of the fire truck and ring the bell. As a typical firefighter He served at all fire stations through out the City and worked on the pumpers, Rescues, And ladder trucks as well. David was a good dependable firefighter who could be Counted on to back up his fellow firefighters at all emergency situations they encountered On a daily basis. David was a member of the AFD Retiree's Association and will be greatly Missed by all who knew him. On behalf of our retiree's, we offer sincere condolences to The entire Alarid family.

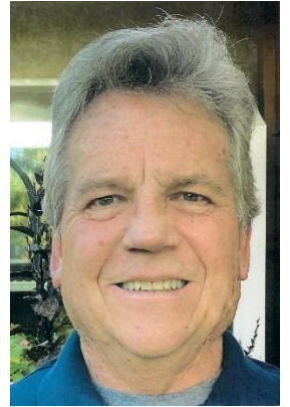


Tom Skidmore- Morris Guterrez submitted this photo of Fellow retired firefighter Tom Skidmore who recently visited Morris at Cosmos Hair Salon. Morris was impressed with Tom's wheel chair hotrod and he thought it appropriate that we run a story about it. Tom joined the Albuquerque Fire Department. On July 11 1968 and retired after 21 years service during June 1987. Tom was a member of the 21st fire cadet Class and is enjoying his retirement. He loves traveling about Town in his fancy mobile. He sends best regards to his many retired firefighter friends and proud of his career with the Albuquerque Fire Department.





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



President's Message

By Kerry Horton

Hello and Happy Holidays to all the AFDR members and families. We hope that you are all spending time with family and loved ones during this wonderful time of year. Our annual Christmas dinner is fast approaching, December 15th, and what a great place to reconnect with your Fire Family. Grab a few of your old fire department comrades and spend the evening getting reacquainted over good food, laughs, and stories that are probably too big to believe. You will find all the details in this month's newsletter, from where the dinner is, where to purchase tickets, and what's on the menu. So, load up the car with family and friends, and a designated driver, and join us at the dinner. Did I forget to mention that we will have door prizes as well? Now you know you want to join in on the fun and festivities. See you there.



RIO GRANDE
 - CREDIT UNION -