



Palo Verde Park
Neighborhood Association
<http://paloverdeparkneighborhood.com/>

Minutes, regular meeting

Wednesday, September 19, 2018

- **Roll Call and introductions, all present:**

Norma Coffman, President
Mike Southworth, Vice President
Jack Kulawik, Treasurer
Rhonda Bodfield, Secretary
Andy Weiss, zone delegate, Riviera Estates

- **Consideration and appointment of new zone delegate**

The Council voted unanimously to accept Toni Lopez Krause as the new zone delegate representing Mañana Vista and replacing Virginia Stanek.

- **President's report**

Norma reminded everyone this is the last formal meeting for rest of the year, with an October park clean-up and November wellness event, with a cookie swap in December.

Norma asked for suggestions on topics as we prepare for the calendar for next year's meetings.

Norma fielded a question from the audience on the status of the tree line: The job was too big for city staff and the decision was made to bid it out. A discussion ensued about a desire from some neighbors to have a buffer and whether there is irrigation along the tree line. Norma agreed to find out more information.

Splash pad update: Norma shared that Council member Cunningham said work is progressing, and currently there is some work being done on the filter.

Norma distributed the new Palo Verde Park Neighborhood logo, which will be used for the street signs. Tread Lightly Carpet Cleaning will be the first donor, Norma announced, and the sign will be on Bonnie Brae.

- **Approval of minutes**

Minutes were unanimously approved.

- **Approval of sponsorships/donations, as needed:**

The Council unanimously accepted in-kind

- approval of County Free Library structure, donated by Debbie Kornmiller
- approval of County Free Library structure, donated by Brent Dunn
- approval of in-kind donation of association banners, Norma Coffman
- approval of in-kind donation of design work, Rhonda Bodfield

- **Presentation by Gary Brauchla, hands-only CPR**

Norma introduced Gary Brauchla, who drove 90 minutes in the pouring rain to be here from his home in Sunsites.

Gary introduced his wife, Kathie.

All his life he wanted to run a 5k, he said, but always figured he was too fat or too old or too slow.

Then, on Sept. 29 2012, 3 a.m. he died. He had gone into cardiac arrest. Kathie was woken from sleep; she thought she heard him snoring. It was actually his last gasp.

She gave him a shove. Nothing. Pushed a second time. Nothing. Gave him a hard shove a third time. Nothing. She jumped out of bed and turned on the light and found he was dead. Fortunately, Kathie was trained as a surgical technician for 14 years and knew CPR. She called 911 and started doing CPR.

In the U.S. in a cardiac emergency, 70 percent of people don't know what to do. Often times, there are a cluster of bystanders and no one knows what to do.

Gary said his goal was to teach us in an hour's time how to save someone's life. He showed a short video about CPR. Video indicates the key steps are to call 911 and push hard and fast on the chest to the tune of "Stayin' Alive" by the Bee-Gees.

About 1,000 people die every day of cardiac arrest. Today in Arizona, 15 people died from cardiac arrest. Every year, the equivalent of the city of Benson is totally wiped out by cardiac arrest. 88 percent of people with cardiac arrest die outside of the hospital.

The survival rate is about 8 percent. To come back to full function as Gary did is about 5 percent.

It can happen to anybody. It can be a 14-year-old band member or a 68-year-old man or a 42-year-old soccer mom.

He said he shouldn't have had cardiac arrest. He had ran two miles that morning. His blood pressure was 120.80. He was healthy. In fact, the VA told him he had less than 10 percent chance of having a heart attack in the next 10 years, just two weeks earlier.

In King County Washington, they decided to train everybody in bystander CPR and put AEDs throughout the county. They went from 8 percent survivability to 62 percent survivability.

You don't have to do it perfectly. Kathie was doing CPR on the bed. No way she was going to drag him off of that bed, so she did the only thing she could. From the time first responders got there, it was 6 minutes. She never gave up, Gary was flown to TMC, where they lowered his body temperature to help preserve his brain. After 2.5 weeks he got out of the hospital and went to cardiac rehab. All his life he had wanted to run a 5k. His instructor said he'd teach him. Eight months after he died, he ran my first 5k - at 68 years old in the TMC Meet Me Downtown. He came in 1,200 out of 2,400 but he won because Kathie knew what to do and nobody gave up on him.

He invited everyone to work on the dummies while he supervised.

- **Adjournment**