

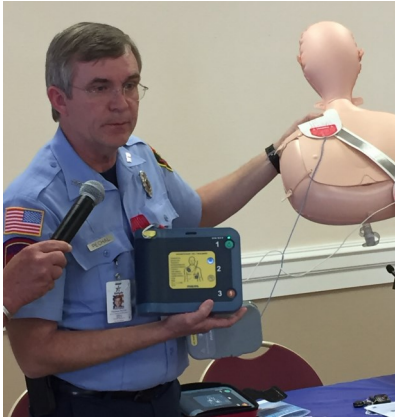
# Broadcaster

Temple Founder Lions Club  
Boss Lion Randy Sepulvado



Servant Leadership

## What happened at the Meeting



**Firefighter/Paramedic Thomas Pechal came to speak to our Club today about CPR and AED's.**

Thomas is a Firefighter/Paramedic with the City of Temple Fire & Rescue Department and has served over 19 years with the fire service. He is currently in the Public Education Division, a position he has held since 1990. Thomas is also the Public Information Officer for the Department.



(Here, Lion Jerry Tyroch saved the life of a dummy!)

Hands-Only CPR Can Save Lives. Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can only help. When calling 911, you will be asked for your location. Be specific, especially if you're calling from a mobile phone as that is not associated

with a fixed address. Answering the dispatcher's questions will not delay the arrival of help.

How to Give Hands-Only CPR. If you see a teen or adult suddenly collapse, call 911 and push hard and fast in the center of the chest to the beat of any tune that is 100 to 120 beats per minute, such as the classic disco song "Stayin' Alive". Immediate CPR can double or even triple a person's chances of survival.

AED stands for Automated External Defibrillator and is a portable electronic device that automatically diagnoses the life threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient.

With simple audio and visual commands, AED's are designed to be simple to use for the layman.

## What's Coming

### CLUB CALENDAR:

- 2/22: Regular Club Meeting
- 3/1: Regular Club Meeting
- 3/8: Regular Club Meeting
- 3/12: Day Light Saving Time Returns!

### UPCOMING PROGRAMS:

- 3/1: Open
- 3/8: PDG Lawrence Sanchez—Texas Lions Museum
- 3/15: Gayle Kiger—GM KCEN TV

### BIRTHDAYS:

- 3/2: Lions Ken Neilson & Rodney Smith
- 3/3: Lion Henry L.S. Jezek

### UPCOMING GREETERS:

- 3/1: Lions Jake Herndon & Dennis Arwood
- 3/8: Lions Charles Pierce & Mitch Randles

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## Did you Know? Daylight Saving Time

- 1784—The idea of daylight saving is first conceived by Benjamin Franklin.
- 1914—Britain goes on daylight saving during World War I.
- 1918—The Standard Time Act establishes time zones and daylight saving. Daylight saving is repealed in 1919, but continues to be recognized in certain areas of the United States.
- 1975— Congress extends DLS in order to save energy during the energy crisis.
- In the US, Hawaii and most of Arizona do not follow DLS.