



# The Arapahoe Sertoman

THIS WEEK IN REVIEW Jan 11, 2018

This week's Reporter – Don Smith

**Song:** Bill Benton    **Pledge:** Carl Duncan    **Prayer:** Mike Magee

**Guests:** Alice Perkins, Jim's wife.

**Fines:** n/a

**Foundation News:** The Foundation still has a cemetery plot or two for sale. They are located at Chapel Hill Cemetery. If interested, contact one of the Foundation members or me ( [DonSmith@arapahoe-sertoma.org](mailto:DonSmith@arapahoe-sertoma.org) ) and I will forward your contact to one of them.

**Announcements:** Rick Jacobus passed a sign-up sheet around for the up-coming Freedom Week Lunch on Feb. 20<sup>th</sup>. He needs the money as soon as possible so he can get the count sent in. There normally is not a Thursday lunch that day but that will be finalized at the next Board Meeting.

Dave Miley has again scheduled the Annual K1 Speed go-kart races for April 13<sup>th</sup> @ 6pm sign-in. <https://www.k1speed.com/denver-location.html> It's been a lot of fun so get your racing gear ready and try to beat the past winners at their own game.

Last week Gary passed out a survey that he would like all the members to fill out and return to him. From what I heard, only a couple members returned them. It's for the benefit of the club to find out what we like or don't like about what's going on so IF YOU CARE, get them turned.

We will probably have a pool for the super bowl, \$5 a square so save up for it.

**Sertoman of the day:** Gary Athey was born in Denver September 3, 1943. His family moved from the Denver area to Englewood in 1956, He attended Flood Jr. High and Englewood High School and graduated in 1961, then went to Denver University from which he graduated in 1965 and went on to D.U. Law School. He did not complete law school because he got caught up in the Vietnam era.

He decided to go into the service and get it behind him. He served 4 years in the Air Force going to Vietnam and working in various legal offices.

After separation from the Air Force, he worked for Gated Rubber Co. as a foreman and later as assistant plant manager for Carefree Corporation. In 1975 he took a job as a branch manager for Emblem tape and Label Co. in Salt Lake City.

From that job he opened a total of 3 other businesses and supplied the semiconductor and computer industries. He was divorced in 1981 and granted custody of his children. In 1983 he moved back to Englewood and cared for his parents and an uncle. He was fortunate to hold his business together due to some dedicated employees. Luckily he also found his current wife Pat in 1992. She has helped him immensely. He has had a very full life with many activities and longtime friends from high school, college and business. He looks forward to serving with his fellow Sertoma members.

In Gary's short time in the club, he has taken it upon himself to gather the Bio's of all the active members and put them in a nice binder. He wants the club to grow and be more involved in community events and fund raisers and I'm sure we will be hearing more of Gary's thoughts and ideas in the future. Glad to have him in the club.

Listen to [Gary Athey.mp3](#)

**Program:** Randy Smith introduced Dan Raabe,  
Dan's talk today is: The Science of Performance, Will-Power.

Do we understand the science behind will-power? Are we willing to get uncomfortable?

Ultimately, we begin to understand that growth comes through effort and reaching further  
succeed at the mechanics enabling us to function as humans.

To develop will-power you must have good habits, and until you have good habits you won't  
develop will-power. Behavior is not a function of beliefs.

Our beliefs are served up through changing our behavior. A dynamic perspective will  
ultimately hold us back or permit our fullest expression of success. We use today's  
understanding of our brain function to reveal the secrets of will-power. Performance training  
for professionals only works if driven by willpower. The process is provocative. It assumes  
that we have control over our behavior. Our success is not contingent. It is a destination that  
can only be reached if we understand why we are on the journey.

<http://www.danraabetraining.com/> Listen to [Dan Raabe.mp3](#)

**Upcoming programs and events:**

Sertoma Area Calendar— not yet

**Arapahoe Calendar:**

Jan 18 - Dr. Morgan Brubaker, Craig Hospital

Feb 20 – Freedom Week Tuesday, NO LUNCH ON Feb 22.

April 13 – K1 Speed go-kart races 6pm.

**[Future Programs:](#)** **[Past programs.pdf](#)** **[Club history](#)**

**Upcoming SOD list:**

(BOD means Board Of Dir. meeting)

Jan 18 – Clarke Bennett & BOD

Jan 25 – Bill Benton

Feb 1 – Bob Buckland

Feb 8 - Rick Campbell & BOD

Feb 15 – Glenn Combellick

**Flying Five:** Tom Fry **Pot of Gold:** John Laudermilk **Hand Shake:** n/a

[2017-2018 Officers list.txt](#)

[Club Photos](#)

Promotion video: [Helping People With Hearing Problems in Englewood, CO](#)

The club's Facebook page: <https://www.facebook.com/Arap.SERT.1952?ref=profile>