

**Quick**



**Smart**



**EZ**



**& Aware**



# **Quick, Smart, EZ, & Aware, Inc.**

## **a 501 (c)(3) educational non-profit**

**PROMOTING**

***World Peace***

***Teaching Individuals How to Solve Their Problems***

***Teaching Critical Thinking Skills***

**<http://QuickSmartEZAware.org>**

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# GOALS

## IS WORLD PEACE POSSIBLE?

### **We believe it is IF IF IF**

- individuals have self-respect
- individuals have respect for others
- individuals stop “I’m a victim” attitudes
- individuals stop “bullying or victimizing” attitudes
- individuals are able to conceive of living in a global environment rather than to think their own native country is the best in the world and superior to all others – patriotism should be balanced with a global outlook
- individuals are able to conceptualize (imagine) the ideal of world peace and will work toward making this happen
- individuals are able to see “the big picture” of the causes and effects throughout history that have resulted in wars and hurts to others and to STOP the negative causes
- individuals become interested in intellectual and emotional consciousness, using material resources wisely, and rising above these levels to understand the relationships between mind, feelings, and matter and to best develop these relationships
- We focus on what is important to us, but those targets represent either positive or negative energies; to focus on the past negatives means we will carry over those to the present and into the future; to ignore those, especially since we can’t fix them or change them anyway, and move on to a positive future means we have the possibility of creating that future!

## CAN INDIVIDUALS SOLVE PERSONAL PROBLEMS?

### **We believe each of us can IF IF IF**

we are able to balance at least three of the four major components of our lives; these components are:

- emotions (and imagination)
- intellect
- physical self
- spiritual ideals / ethics/ morals

Problems of an individual can be solved by using the ideas of Quick, Smart, EZ, & Aware to understand

- Relationships – where the other person is “coming from” and how to unconditionally accept the person and give the necessary space for that individual to be himself or herself
- Financial responsibility and self-control rather than emotional, especially extravagant spending one can’t afford
- Time management
- Freedom of individuals to enjoy their own religious beliefs or to have no religious beliefs
- Critical thinking means no more simply repeating the info from others or reposting memes such as on social media without investigating for oneself the validity of the concept; this one step can lead to an individual thinking about every concept he or she faces rather than simply accepting it as truth because one emotionally identifies with the concept

- Developing and Accepting the freedom to speak one's truth without reservation
- Stopping the necessity to “walk on eggs” with some others

## MISSION STATEMENT

Through classes, publications, and Internet information, our goal is to motivate individuals to conduct personal analyses that lead to enriched knowledge and enhanced perceptions resulting in more self- and other-Awareness. As one develops the higher self, rather than simply focusing on one's material environment and possessions as well as one's emotions and thoughts, one becomes more skilled in personal life management as well as in discovering ways to participate in community improvements. We believe Awareness promotes self- and other-respect, in all ways, and this produces the possibility of a peaceful world.



## VISION STATEMENT

We want to see a world in which one individual in a community can freely speak and act to change the environment for everyone. We want to see equality, freedom, and a sense of brotherhood / sisterhood for all beings on this planet with respectful treatment and sensitivity to the needs and feelings of each other and of animals AND we want to see free basic education provided around the world so that individuals and communities have a better opportunity to effectively use resources and establish a positive economy for their areas. We also want to see honest participation by politicians whose vision is for the citizens rather than to pad their own bank accounts. We want to see a world in which war is no longer needed and this means seeing a permanent peace come to this planet!

## FOUNDERS

### LECIANA ("LEE") GABOR



### AWARDS:

#### **EDUCATOR**

- National Award (American Star of Teaching 2006) from the U.S. Department of Education – one of 51 teachers named in the United States, represented Texas
- in 2008 Invited to membership in Kappa Delta Pi, which is a National Education Association
- selected to participate with 14 other teacher-leaders in national program "Leaders for Teacher Preparing " (National Network for Educational Renewal), named by Dallas ISD and University of Texas-Arlington to serve for 2006-2007
- State Award, runner up for "Classroom Teacher of the Year" from Texas Computer Education Association (TCEA) 2006
- local award, runner up for "Service Beyond Self" award from Dallas Rotary Club 2006
- named as a University Scholar by the University of Texas-Arlington (UTA) 2007; and Dean's List at UTA 2006-2007

#### **WRITER**

- The Writer's Notebook Short Story Writing contest October, 2007

Lee worked while in high school as a cashier in a retail store and also as a long-distance telephone operator for Southern Bell Tel & Tel in Atlanta, GA. In college, Lee continued with the telephone company part time. Her first entrepreneurial enterprise was a small printing company established in

1964, the year she graduated from high school. She later owned a talent agency and academy and closed those in 1995.

In the late 1960s, early 1970s, she served for four years as a newspaper reporter on a daily in Indiana near Chicago, IL, primarily writing business and political stories as well as editing a weekly school page. In 1995, she began working as a free-lance technical writer for such corporations as Sabre (a subsidiary of American Airlines) and other major national businesses. She also completed various administrative, planning, and writing projects for law firms and other local corporations.

She has performed as a pianist and vocalist in hotels, country clubs, and restaurants throughout the United States.

A huge change occurred in 2002 when Lee agreed to teach 6th grade for Dallas ISD at Silberstein Elementary School in Dallas, TX. She taught 6th grade for two years and then served another two years as a 5th grade teacher. She entered the UT-Arlington program for training school principals and earned her M. Ed. degree (her B.A. degree is in Education). While at UT-Arlington, she was named a University Scholar and as she studied at the university, she became Academic Coordinator at Silberstein and, after graduation, at Gonzalez Elementary.

She retired from public education in the Spring of 2008 and since has written various fiction and non-fiction ebooks, which are available on the Internet. Lee holds 11 Teacher Certifications through the Texas Education Agency.

Prior to joining Dallas ISD, Lee worked with the international non-profit, Children United, founded by Belinda Ruggeri. Since retiring from public education, she has been a member of the Ellis County (Texas) Master Gardeners Association and the Palmer Lions Club. She also is a member of Kappa Delta Pi educational organization and was inducted into National Scholars Honors Society and has been a member of many other

organizations during her lifetime. She has been a featured speaker at various education conferences.

Her personal website is <http://LeeGabor.com>. On the Educator page are free articles and downloadable forms available for teachers.

Among the non-fiction ebooks available that Lee has written is “Classroom Success Through Creativity.” It is available at Smashwords, Amazon, and many other online retailers.

Lee has two children, 12 children who call her “Grandma Lee,” and three great-grandchildren with another expected in June, 2016.

## KAREN BOUDRIAULT



Karen has served various corporations in the Maintenance Department, more particularly in the Electrical Division.

While in the U.S. Military, she trained to be a diesel mechanic & power generation mechanic and completed 26 years in the Army Reserve. She also studied mechanical technologies at Dallas Community College and has worked in the facilities maintenance trade for over 30 yrs, specializing in automation controls. Her hobby is restoring old vehicles, for example, her current project, a 1963 Chevy pick-up truck.

Karen is a world-traveler and has been to London, England, Amsterdam, Holland, and the countries of Germany, Iraq, Kuwait, and Afghanistan.

She has worked on an American Army base in Dubai, United Arab Emirates, where she has served as the Power Generation Foreman, ensuring the over 300 soldiers on base would have access to the electricity they would need to perform their jobs. She has maintained generators and solar power equipment in her current position.

Karen also has served others by overseeing training and education in both mechanical equipment and safety issues.

## LUCY CRUZ FORD



Lucy and her husband Taylor owned a restaurant in Las Colinas for years and then closed the business.

Lucy then joined Dallas ISD (Dallas, Texas) in 1997, where she began her teaching career and served as a fourth grade and Kindergarten teacher. In 2007 she moved to the district's Central Office as an Instructional Coach, quickly moving up to Instructional Supervisor in the Math Department. She also wrote and published math curriculum for teachers in the district. Lucy currently is in charge of Special Projects in the STEM-Mathematics Department for Dallas ISD.

While a teacher at Silberstein Elementary School, she was involved in many aspects of the campus and served as the Chairperson of the school's Century 21 (afterschool) Program. Lucy also served on a variety of organizations at the campus and was instrumental in the creation of the annual CIP (Campus Improvement Plan).

Lucy is bi-lingual (English and Spanish) She received her MBE (Masters of Bilingual Education) from Southern Methodist University. Her work with the Parent-Teachers Association and with encouraging parental involvement in the Title 1 99% Hispanic-population campus was vital to Silberstein's movement to a higher rating with the Texas Education Agency.

Lucy spent one summer in a teachers' program in China, where she taught English to Kindergarten and first grade students in a summer enrichment program.

Lucy and Taylor have one son, William, who graduated from Booker T. Washington High School for the Performing and Visual Arts in Dallas. He's received an Associate Degree in Fashion Design in December 2015 from the Fashion Institute of Technology (FIT) in New York City, NY. He has applied to the Disney Design School, where he will continue to pursue and master his design skills.

## BOARD MEMBERS 2016

Karen Boudriault

Lee Gabor, also serves as Executive Director, overseeing the non-profit

Lucy Cruz Ford

we will be adding more Board members this year

## ASSESSMENTS 2014-2015

Assessment of Executive Director Leciana (“Lee”) Gabor for 2014-2015 by both Board Members

### **Lucy Cruz Ford**

As a member of the board, I Lucy Ford, submit a written assessment of Lee Gabor's leadership as she conducts business for our organization. Lee Gabor is the most organized person I know. As the board's leader she keeps the board members updated on all of the financials of the organization.

### **Karen Boudriault**

I, Karen Boudriault, a member of this board, request to submit a written assessment of the leadership conducted by the founder of our organization, Lee Gabor. Lee consistently keeps the board members updated on financial issues in the organization. Her strong communication and leadership skills are an asset for this group. Lee also has strong computer skills and maintains the group's web site.



## **CORPORATE OFFICERS**

### **PRESIDENT – ROCKY CARLSON**



Rocky has been involved in a variety of businesses and has expertise in all facets of operations, management, finances, and public relations. It also is important that he has a heart for helping people become the best they can be and enjoy success and happiness.

### **SECRETARY – LORI MITCHELL SEAGROVES**



Lori, too, has a vast background in business and finance and is adamant that the corporation maintain transparency and accuracy in all financial, accounting, and legal areas.

## MISCELLANEOUS INFORMATION

### ACCOUNTING

We follow the Financial Accounting Standards Board standards for non-profits and have Statement of Financial Position, Statement of Activity, and Statement of Cash Flow available on our website.

### FINANCIAL

Dun & Bradstreet Number - 079493944

### LEGAL

Incorporation date July 14, 2014, State of Texas

EIN 47-1355410

501(c)(3) Determination Letter from the U.S. Internal Revenue Service ("IRS") date Aug. 9, 2014  
(copy available upon request)

### PUBLIC RELATIONS

Our organization

Blog - <https://quicksmartezaware.wordpress.com>

Facebook -

<https://www.facebook.com/QuickSmartEZAware>

Twitter - <http://twitter.com/QSEALnc>

Website - <http://QuickSmartEZAware.org>

Other organizations (monitoring non-profits)

Guidestar

<http://www.guidestar.org/profile/47-1355410>

By-Laws, Copy of 2014 990 and other information available

Great Non Profits

<http://greatnonprofits.org/org/quick-smart-ez-aware-inc>

# PROGRAMS

## CLASSES

### **2014:**

- Free one-hour class with free hand-outs - Saturdays at 10:30 am, Meeting Room, Ferris Public Library, Ferris, Tx.
  - *How to Start A Business*
  - *Tax Responsibilities for Business Owners and Self-Employed*
    - *Workers*
  - *Tax Responsibilities for Individuals and How To Complete Your 1040*
- Private consultation with corporation owner and free Explanation Sheet of the concept of balance
- Free two-hour class with free hand-outs – at a corporation in Dallas
  - *1099 – Completing Your 1040 using 1099 Income – 5 page handout*

### **2015**

Additional free one-hour with free hand-outs - Saturdays at 10:30 am, Meeting Room, Ferris Public Library, Ferris, Tx.

- How to Self-Publish

Individual Consultation (free) with a business owner who had an alleged IRS employee complete her business taxes for 2014. Using the information from the Nov. 15 class in 2014, she discovered the problems with her tax return and the reason the IRS was auditing her return. The business owner had seen our list of classes, but was not been able to attend. She has taken care of her tax problems with the IRS.

### **2016**

To Be Announced

## INDIVIDUAL CONSULTATIONS

(A free service)

- 1) with a business owner who was in a difficult situation with the Internal Revenue Service since the person who had completed and e-filed her tax return did NOT do it correctly. We helped her with an amended return and provided a binder to show her how to do her own taxes in the future or, at the least, make sure that anyone she hires to do her taxes follows the guidelines in the binder.
- 2) with a young lady who is both employed as well as has a sole proprietorship on the side. She had gone to a tax-preparation company in 2015 to have her 2014 taxes prepared. She stated the employee told her she did not have to do anything about her sole proprietorship taxes for three years, but did need to file her 1040 for the earned income from the company at which she was employed. She followed this advice and received a letter from the IRS informing that she was being audited for filing incorrect information. In the consultation, she received information that our program had disseminated in the free 2014 class on tax responsibilities for a sole proprietorship. She also was advised to immediately contact the IRS to explain her situation and to complete an accurate Schedule C for the sole proprietorship along with an amended 1040 for 2014. The young lady had seen our list of classes, but was not been able to attend. She has taken care of her problem with the IRS.

## COMMUNICATON

By providing a 24-hour website, people around the world can learn about our non-profit.

The website has been designed and maintained by Lee Gabor.

A Donation Tab allows individuals who visit the site to make cash donations through Paypal. Information on like-kind donations we need is also listed on that webpage.

Through free ebooks, such as this one, more information is available.

We also want supporters and people who donate, as well as persons who are simply curious to have full disclosure of our finances. Therefore , our website also includes our annual IRS 990 Return and an Annual Report.

# IMPACT

## HOW FREE CLASSES HAVE HELPED

### **OCT. 18, 2014 CLASS -**

Sandra's husband and brother wanted to open their own electrician business and were gung ho to just begin their availability to clients. Sandra was concerned about this because she would be handling the accounting and taxes (state and federal) for the prospective business. She attended our class on "How To Start A Business" and learned that there are quite a few issues to both know about and implement before starting a business in Texas. These issues include deciding the legal formation of a company (sole proprietorship, partnership, LLC, corporation), the state and federal taxing issues, including calendar of required filings, licenses required, accounting software programs, and more. That class actually lasted longer than the original hour because Sandra had quite a few questions and we wanted to be sure she had thorough answers (we remained with her after the hour in order to answer her personal questions). As a result of the class, the men did begin the company, with Sandra reported she has been able to properly set up the business and to handle all the necessary legal and accounting requirements.

Self-employed workers at the Dallas corporation who attended the class on how to use information on the 1099 to complete a 1040 have reported that, for the first time, they felt comfortable filing their returns because they knew the information was full and accurate. The wife of one employee called for additional information and received that via free telephone consultation.

Our impact on the people mentioned and others not described has been to teach people to better manage their lives. Through the actions they have taken, their lives have been more at peace, since they know they are fulfilling business and personal responsibilities more thoroughly.

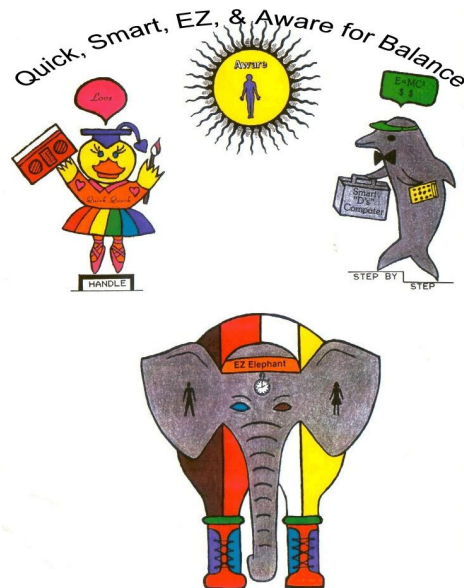
## MEET QUICK, SMART, EZ, & AWARE THROUGH THE GRAPHICS

As you have observed the characters in our logo, you may have thought “Why such childish graphics?” I’m right, aren’t I?

Well, a couple of generations of children who grow up learning how to be more balanced can provide us with world peace as well as with their individual accomplishments. But, for the children to really understand the four of us, they need adults to also comprehend the concepts.

The four characters in diamond shape represent balance – emotions and intellect are balanced and, in that balanced state, drive what we do in the physical world.

Our ethics / morals / spiritual awareness, by being our HIGHEST STANDARDS, monitors and manages our emotions and intellect, which, in turn, drive our actions in the material world. If we don’t have this higher level activated, we can be greedy, dramatic, egotistical, thinking only about ourselves, limited in vision, etc.



All graphics are leased from Aquarian Age Inc., the legal copyright owner, for \$1 per year.

## QUICK QUACK™- EMOTIONS

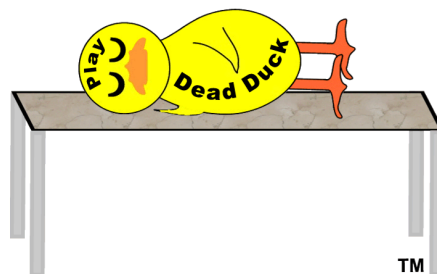


Hi, I'm Quick Quack and I represent the emotions we experience, even though our emotions are invisible. I hope you can tell by all the beautiful colors, my ballet slippers, boombox, and paintbrush that I love imagination and bring to the world beauty and love. This is positive.

However, I can have a negative effect, as well. If I am free to do whatever I want and I feel emotional pain or lack self esteem, I may decide to do something to make me feel better.

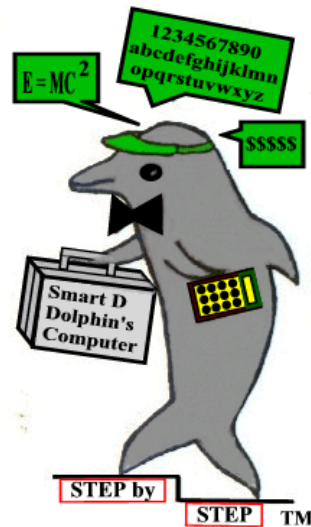
I may choose to be less loving and caring and more like one of my alter-egos of Duck This One and Dead Duck. It should be obvious that when I'm upset I could strike out at another person or I could even pretend I don't exist so I don't rile another person. In either case, my actions could be a result of the use of legal and/or illegal drugs or some other method of handling my life. Maybe I overspend. Maybe I spend all my time on the phone or watching tv or movies or even playing games.

This is how I may choose to act when I'm in extreme agitation.





## SMART “D” DOLPHIN™ - INTELLECT

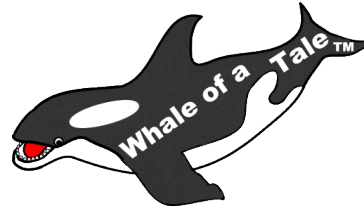
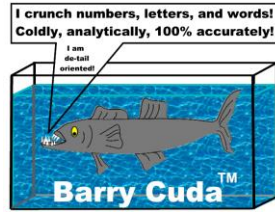


Before I say anything else, let me warn you to NEVER let Quick Quack handle your money! She can't budget and has no sense of finances. She could even say something as useless as, "How could my bank account be overdrawn? I still have checks in my checkbook."

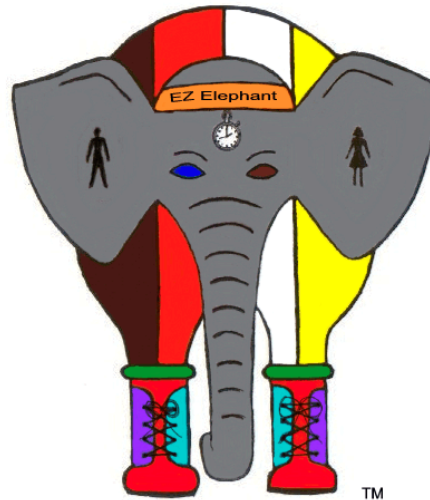
That said, what I do best is anything with numbers and words. I do NOT do feelings. It is best for me to be balanced with Quick Quack so that one learns to use time wisely. In other words, when the time for feelings is there, Quick Quack should be dominant, but when it is time to handle money and to speak words, I am the dominant one.

Of course, I can be pretty mean on my own. I do NOT do compassion or caring. I am very left-brain and like accuracy. I do NOT do fantasy – QQ is very good at that! My expertise is also in logic or making step-by-step plans that include budgets. Of course, it is important to include QQ in those plans since people buy based on personality and emotions. I'm boring and I know that, but I manage finances very, very well and one's life is much better when finances are in line and when one can explain one's decisions and actions.

At my extremes I can say the most biting and mean phrases to another person and when I'm feeling bad about myself, I can make up big lies to fill the gaps in my record.



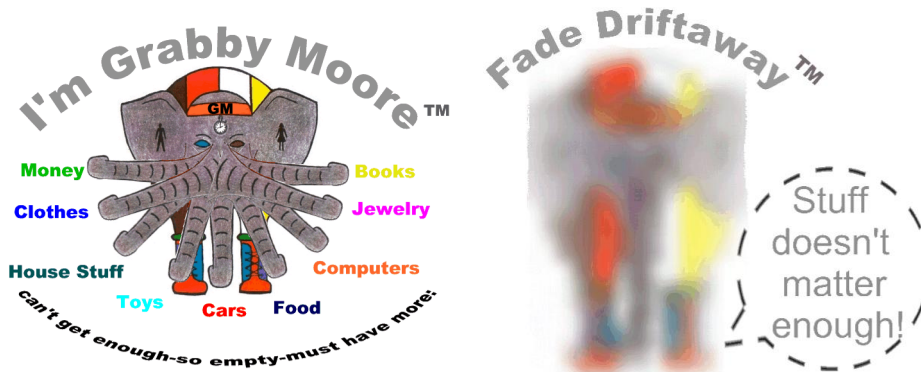
## EZ ELEPHANT™ – PHYSICAL, MATERIAL WORLD (SENSES)



We don't do anything in the physical, material world with me. I represent all the colors of skin and the genders. Some people see only those characteristics because they see ONLY with their physical eyes.

The physical, material world is a great place to be when people are responsible for taking care of it. The same is true of a person's physical body as well as all the material goods a person might own.

Some people deny their emotions or their intelligence. They live ONLY for what they experience physically as well as how they interact with their material goods. Since the material world is so important to humans, it is understandable that individuals have done this. However, it is NOT the wisest way to live because the person will choose one of my extremes.



## AWARE™ – SPIRITUAL / MORALS / ETHICS



Emotions are important and life is very dull and meaningless without them. Intelligence also is important and without using one's left-brain abilities, life can be more chaos than controlled. The physical and material world can either be EVERYTHING to a person or it can be an instrument for learning, experiencing, growth, development, and becoming more wise.

Wisdom comes from balancing our emotions, intelligence, and physical experiences.

I do NOT represent organized religions. Instead, I represent the ability each individual has to rise above his or her limitations and see a much larger picture, which is how the individual progresses as well as how the individual fits into the big picture and contributes to self and to others.

Each individual is his or her own point of development of Awareness. This ability begins as a seed and, in some individuals, the ideal of living an ethical life can't be seen. Such individuals are stuck on the lower levels of their emotions, mental capacity, and material

experiences. On the other extreme are people who have developed a much larger sense of Awareness and, in doing so, become leaders on the world stage with the lessons they teach. One can look back at history's most famous people for many illustrations of positive lives versus negative lives.

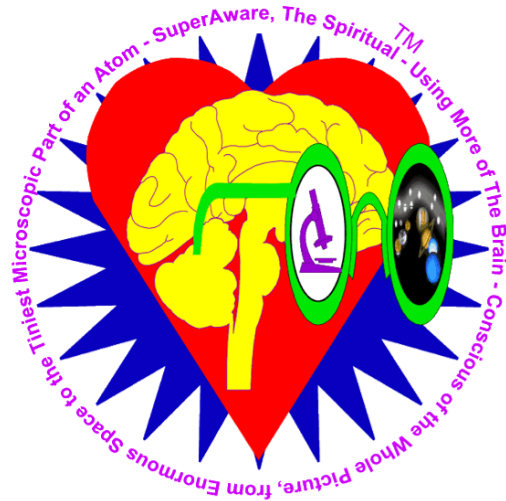
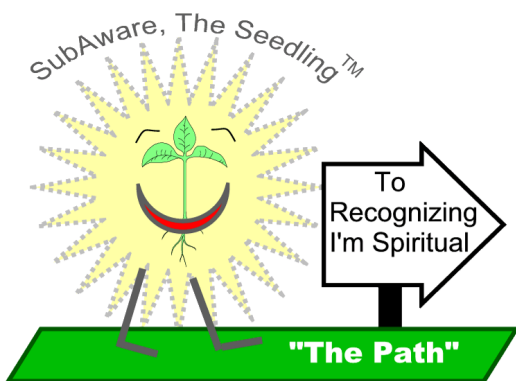
Each individual has a choice of whether to develop his or her sense of Awareness as well as how to best use that sense. It also is important that we don't compare ourselves to others but, instead, we compare where we are today with where we were yesterday. We spend our time and energy becoming the best people we can and, as we do that, our goal is to create a peaceful and positive world for everyone. To do that, we must solve global problems. Awareness allows us to do that in a compassionate, well-planned and implemented way for everyone on the planet rather than for the benefit of just a few.

By studying the graphics of the seedling to SuperAwareness, we can choose how we want our lives and our world to be. We can be responsible or take no responsibility and remain in denial of the possibility of a better future.

We can choose to constantly learn and develop or to be stagnant. We can be selfish and self-centered or we can be equally self- and other-centered, which means we do NOT support the martyr concept or the victimizer concept. Equality is our goal, along with Freedom, Global Brother- and Sisterhood, and taking responsibility for our actions and behaviors.

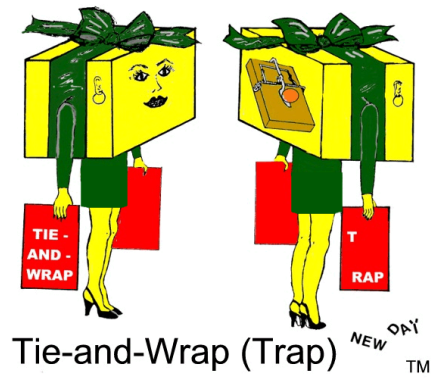
Hopefully, you will think about this because as Awareness takes more control of our emotions, intellect, and material world, so can we reach global peace and solving the problems of hunger, disease, slavery, trafficking, drug abuse, and other very negative parts of our current world.

Hopefully, you will be interested in become the most Aware individual you can be so that your emotions, intellect, and material life can be the best they can be.

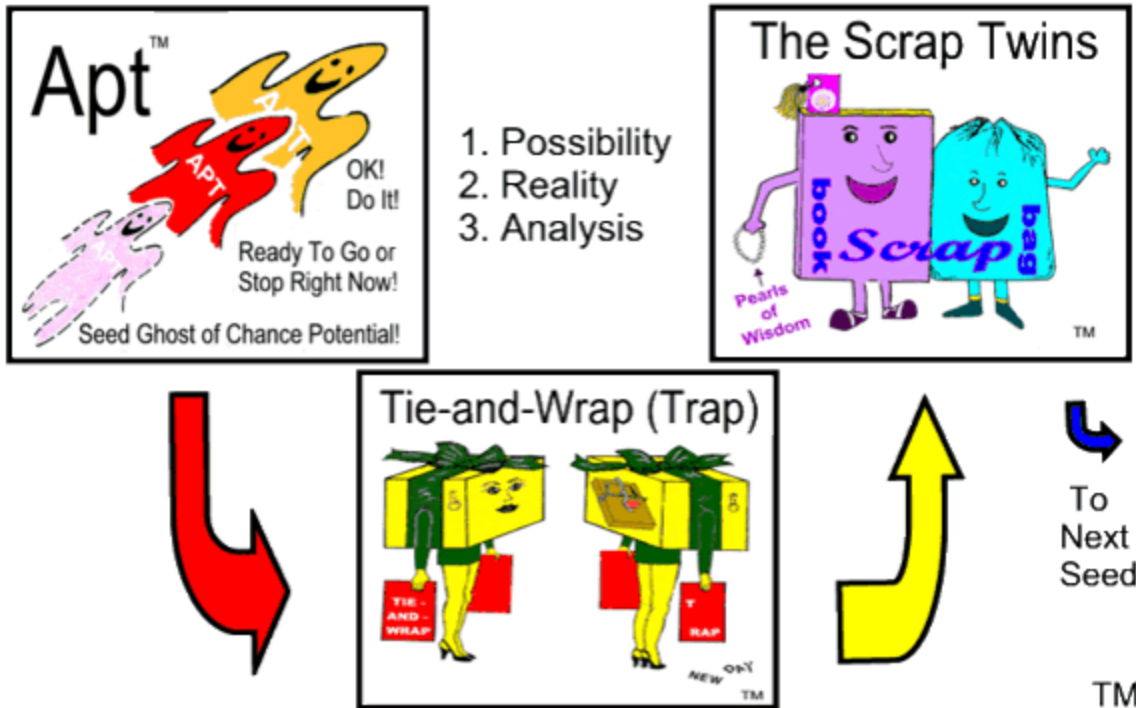


## AND, THE SECRET TO GETTING THINGS DONE:

Progress is possible if we also recognize we can't just THINK about things. We must also do. Every great movement and innovation has started with a tiny first step and, as we do that and don't give up, something becomes real. But, we don't stop with the reality. It also is important to analyze. This means the good things we keep for use in other areas of our lives and the negatives, well, we put them away, because they no longer are worth using. From aptitude, to doing it, to analyzing for improvement, we can accomplish the best of ourselves.



## The Behavior Modes = 3 Steps to Right Thought, Feeling, Word, & Action



This is a constant cycle and it is very important to avoid getting trapped in what we have accomplished. If we became trapped, our energy is stagnant and many future possibilities are never achieved.

## INTERESTED?

**If you understand these concepts, we are well on our way to world peace globally and each of us is well on our way to a more balanced and better life.**



## CONTACT US

Executive Director is Leciana (“Lee”) Gabor

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This ebook written by Lee Gabor January 26, 2016, updated Feb 3, 2016