

The **BOYK** BULLETIN

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IS 2013 THE YEAR TO REACH ALL YOUR NEW YEAR'S RESOLUTIONS? - by Ashley Henninger

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It's that time of year again to start thinking about what your 2013 New Year's resolutions are going to be. Some actually achieve their resolutions they set on January 1st, but others give up by January 3rd. Did you meet your New Year's resolutions for 2012? I know I only met a couple of mine: join a gym, control my road rage (I purchased a new car so I have to control it now), and try to make someone laugh at least once a day.

Not only do we have personal resolutions or goals that we would like to achieve, but here at the Charles E. Boyk Law Offices, we also have office goals. We have created goal charts not only for the year, but for six months, three months, and even monthly goals. In the marketing department we even have weekly goals that we must meet. Our goals in the marketing department will obviously be different than your own personal goals but regardless of whether your goal is saving money, going to the gym four times a week, calling your family members twice a month, etc., it's always a great feeling when you reach your goals. You feel a sense of pride when you reach them no matter how small or big.

Chuck talks to many professionals from all over the United States on how he can not only reach his goals more effectively and efficiently every year, but also make the client's experience during the process of their claim a better one. Rem Jackson is the Founder and CEO of Top

Practices, LLC, a company dedicated to helping professionals reach their full potential through innovative marketing, sales, management, and professional development programs. Rem has been guiding professionals and business leaders as a coach and trainer for over 18 years.

Here is some advice from Rem about reaching your goals in 2013:

Feeling like you've got too much to do and not enough is getting done? Not getting enough help? Not getting enough sleep? Not having as much fun as other people you know? Welcome to the club. It's a really big club. Very easy to get in -easier to get out than you might think.

Most of us have a list of things we need to get done that is really way too long. In fact, it's so long that we most likely don't actually have it written down. These things just pop up and remind us every once in a while that they aren't getting done, stress us out, and then gently drift back into the clutter of our subconscious. No wonder many of us wake up at 4AM in a cold sweat.

There is a way out and Santa Claus developed it. Make a list. Pretty simple IF you do this right.

■ **Write it down** – write everything you can think of that you have to do. Absolutely everything you can think of. You have to be able to easily access this list anytime you want to and if it's just floating around in your head you can't do it. By writing everything down you take the first step to really lessening the stress you feel because you don't have that free floating anxiety of thinking that there is something you've really got to do but you just can't remember it.

■ **Rank the list** - Take this list (it could 150 or more things) and assign a number to each of the
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Rem Jackson



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THE CHUCK BOYK CHALLENGE

Want to learn a little more about the charities participating in The Chuck Boyk Challenge? Here is some information on six of the 15 charities participating. Don't worry, January's Boyk Bulletin will feature information on the remaining nine charities.

Family Outreach Community United Services

Founded in the traditions of faith and service, Family Outreach Community United Services (FOCUS) is a community based agency called to embrace people in need, bring voice to the voiceless, and restore hope and dignity to the forgotten. FOCUS fosters the skills that enable people to gain control of their lives and their futures by providing the necessary steps to emerge from homelessness and poverty, and gain economic and social stability.



In 2011, FOCUS provided housing to over 130 families, including nearly 250 children, at a cost of \$13 per person per day. In addition, their Front Door Ministry provided emergency food and service referrals to another 6,800 individuals. Affiliated with the Ohio Benefit Bank (OBB), FOCUS is able to link people to real time resources and applications for assistance, as well as guiding low income households in preparing and submitting taxes and FAFSA forms, all at no cost to them.

Feed Lucas County Children

Feed Lucas County Children, Inc. (FLCC), founded in 2002, combats child hunger in Lucas County. They are neither a food bank nor a food pantry; rather, they actually prepare meals for children. FLCC offers free, hot balanced meals seven days a week to children whose family income falls below the poverty level. Funding comes from private donors, businesses, grants, churches, and federal money. They are the umbrella to over 80 agencies in Lucas County for food. The addition of educational components enhances each site's success. Their meals provide a base for successful tutoring programs.



Feed Lucas County Children Inc.

- 2010 –2011, 392,472 meals served at 105 sites (24) Schools, (7) Community Centers, (22) Parks, (23) Non-profit organizations and (29) Churches.
- 93% of all donations go directly into the program
- Toledo is the 10th poorest city in the U.S. PLUS 30,116 CHILDREN live below the poverty level in Lucas County

Gliding Stars of Toledo

Gliding Stars, Inc. was originally founded in 1994 by Elizabeth M. O'Donnell. Ms. O'Donnell is an accomplished figure skater

who turned her talents toward providing an extensive program of adaptive ice skating for people of all ages and challenges. She did this so that they could experience a part of normal life and the life-changing effects of regular exercise, social interaction, teamwork, family sharing, and a few hours of fame during the end-of-season Ice Extravaganza performance!



Their organization consists of a national headquarters, two products companies and local Chapters who provide on-ice instructional programs to members of many communities who are challenged by a variety of physical, mental and emotional disabilities. They are a registered tax-exempt charity under the IRS regulation 501(c)(3) and are also registered as such in their various States of operation.

The Chapters are managed by Coordinators with the assistance of many volunteers, specially trained on-ice instructors and community donors. It is in the Chapters where the special on-ice activity takes place during a typical 12 to 26 week skating season. At the end of each season, each Chapter provides a publicly-attended ice show to showcase the accomplishments of the participants and volunteers, and to provide the thrill of performing in a public, musical ice-dancing fantasy as incentive for all participants - a goal that inspires each of them during the season.

The Chapters use adaptive products specially designed and manufactured for Gliding Stars to assist them in their skating. These products provide an advantage on the ice for people who otherwise even have trouble standing or walking. Therefore, the products "level the playing field" and provide the opportunity for people with many types of challenges the magic of ice skating, and even ice dancing!

The Josh Project

The Josh Project has been serving the Toledo area for more than five years. The organization prides itself on providing affordable swimming lessons and water safety training to children and their families.



They are local Make Splash Partners with USA Swimming and the Greater Toledo Aquatic Club, and a recipient of the National Water Safety Congress & Letter of Commendation. They were recently nominated as CNN Top Ten Heroes of 2012.

The Daughter Project

The Daughter Project was founded after Jeff Wilbarger was given a book about trafficking by his son-in-law called, 'Not For Sale' by David Batston. The book contained true and overwhelmingly sad stories of people

who were survivors of trafficking both internationally and domestically. After reading the first two chapters, Jeff could not continue living his 'comfortable, American, Christian life' and not do something to help those involved in trafficking.

His first plan was to volunteer at an adolescent trafficking shelter and help the young survivors with their education. It seemed like a good idea to Jeff, but he soon discovered that there were no shelters in Ohio, Michigan or Indiana. After that, it was easy for him to conclude that he should make plans to build a shelter. Hence how The Daughter Project was founded.

After about four years of planning and preparation, they are ready for girls to move into the home.



God inspired hundreds of people to help them build a beautiful, furnished, \$400,000 home that is mortgage free! In August

2012, The Daughter Project earned their Ohio group home license to operate a recovery home for six girls between the ages of 10 and 17.

The program they have developed for the girls is holistic. They will provide counseling and medical care as well as educational and life skills training. The girls will likely live in the home for one year or more.

"Our goal is to help them begin their life-long journey of recovery and to return home or be placed with a foster family as soon as possible" said Jeff Wilbarger.

Old Newsboys

Founded in 1928, the Old Newsboys Goodfellow Association has been a fabric of the Toledo community. The primary goal of the organization is to ensure every child has a coat and pair of shoes to wear to school and that the goal is met with minimal "red-tape". The organization works hand-in-hand with representatives from the schools, police and fire departments.

The aims and objectives of Old Newsboys Goodfellow Association of Toledo, Ohio shall be



OLD NEWSBOYS GOODFELLOW ASSOCIATION

to serve as fundraising organization that shall provide aid and relief to worthy or distressed families, especially children, without distinction as to sex, race, color or creed, who are in need of coats and shoes, in the Greater Toledo, Ohio area. The Association also may

RECIPE AUNT SUSIE'S HOLIDAY MUST-HAVE HOHO CAKE

"This is an amazing cake recipe and our family loves it!" – Leslie Rombkowski

INGREDIENTS:

- Chocolate Devil's Food cake mix

CHOCOLATE GLAZE INGREDIENTS:

- 1 slick oleo
- 2 squares chocolate
- 1 egg beaten
- 1 ½ cup powdered sugar
- 1 tsp. vanilla
- 2 ½ Tbsp. hot water

FROSTING INGREDIENTS:

- 5 T. flour
- 1 ½ cup milk
- 1 cup sugar
- 1 stick oleo
- ½ cup Crisco

DIRECTIONS:

- Bake chocolate cake in a 9x13 pan.
- Prepare frosting:
- Cook flour and milk then let it completely cool. While waiting for flour and milk to cool you can mix together

the cream sugar, oleo, and Crisco. Beat 10 minutes then add flour and milk mixture. Beat until very fluffy.

- Frost cooled cake
- Prepare glaze:
- Melt Oleo and chocolate squares together, stir, and cool. Beat egg, powdered sugar, vanilla, and hot water together then add oleo and chocolate. Beat until smooth. Pour over frosted cake.



THE CHUCK BOYK CHALLENGE *(continued)*

provide emergency services in the form of clothing and food, as well as food baskets during the holiday season. In addition, a proactive drug awareness program has been established to aid both students and schools. The Association may also provide assistance to other similar organizations who are committed to serving children in the community.

The entirety of the proceeds donated to the Association shall be maintained in funds to provide such services and items to those for whom it was directed. No member, volunteer or Board of Governor member shall receive any salary for his or her involvement with the association

The primary source of fundraising for the Association shall occur from the sale of newspapers on one day in the month of December of each year as well as a solicitation campaign during the same period promoting the Papersale and the services the Association provides.

In the recent past, the Association provided services to children in over 140 schools, including those in the following area school districts: Toledo Public, the Dioceses of Toledo, Toledo-area Charter Schools, Lake Township, Maumee, Northwood, Oregon, Perrysburg,

Rossford, Springfield, Sylvania and Washington Local.

So, how does one vote?

Visit www.thechuckboykchallenge.com and click the "VOTE NOW!" button and fill out the official voting form.

The three (3) organizations receiving the largest amount of votes will be announced on February 15, 2013 at 9:00 am EST. Be sure to check the Charles E. Boyk Law Offices Facebook and Twitter accounts, as we will be providing information on each of the charities participating!



Spread the word to your friends and family and have them vote for their favorite charity! If you have any questions please don't hesitate to call our office at 419-241-1395 or e-mail us at marketing@charlesboyk-law.com. Good luck to all the charities!

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items. Put a 1 beside the item on the list if it just has to get done right away. Put a 2 by the things that are important, but can wait until the ones get done. Put a 3 by the things that need to be done but not until you tackle the ones and twos. If you are like most people you will have more ones than anything else because EVERYTHING is just so darn important and urgent. So, set the twos and threes aside for the moment and do the same exercise again with the ones. Rank them again now as 1,2 or 3 (as ones). Take the twos and threes and set them aside. Now you probably have 15 or so ones. It's time to truly prioritize them. Of all of these ones which is really number one -the thing that if you did it, it would have the most benefit to you and help you accomplish your goals more than any other item. Which one is truly number two, number three, and so on. Take the top one or two items. Are these the real TOP priorities for you? If yes, then make a commitment to yourself to get them done in 90 days or less.

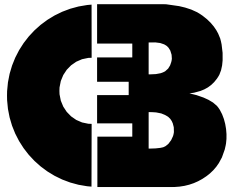
- **Go on a Blitz** - Make a plan to accomplish number one and number two in the next 90 days. If the task is so big that 90 days won't get it done -make goals for 90 days that you can accomplish to just get this done. For the next 90 days let nothing stand in your way. FORGET the other 153 things on your big list -just focus on number one and number two. Get them done. Do them really well. Be great. Lead yourself and your team. You will feel fantastic as you accomplish these big important goals. Then review the list -look at number three and number four - make a 90 day plan and get them done too.

- **It's over before you know it** - If you continue to do this, you will have the top 8 -12 items on your list DONE in 2012. And here is the big secret -if you do the top 10 you will have so much gain, you just won't care about the other 140. Oh you can continue to get things done -after all you're really good at this now. But the truth is, you will find out most of them just don't really matter after all. You'll sleep better, you'll get home earlier, and you will be much more present with your family and friends. You'll even take some time for fun if you're smart.

The big question you should ask yourself now is "Why not do this?" What is the alternative? More of what you've been getting? What could possible cause you not to give this a try?

If you do try this, in less than a year, you'll actually become a different person, you'll like the way you feel -I guarantee it.

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CASES OF INTEREST: DECEMBER 2012

MOTORCYCLE DRIVER MAKING SPLIT SECOND DECISION

Our client was riding his motorcycle with his friends, when a woman pulled out right in front of our client. In a split second decision, he had to choose between laying down the bike or striking the side of her vehicle. Our client laid down his bike, breaking his collar bone. The other driver fled the scene but was followed our client's friends and instructed to return to the scene of the accident. Our client has had one surgery and is currently in physical therapy.

DRIVER MISJUDGES TIME FOR A TURN & HITS OUR CLIENT

Our client was traveling southbound at the intersection of CR 178 and TR 203 in Sandusky County when another driver turned left into her pathway causing her to strike his vehicle. The collision caused her vehicle to spin and end up in a farmer's field. Our client was Life Flighted to UTMC with a left leg femur fracture and her right ankle fractured in multiple spots. After an extended stay in the hospital she was transported to a nearby rehab facility where she is still recuperating. Along with her orthopedic injuries, she also suffered from a closed head injury. At this time, it is unlikely that she will ever be able to return her job.

SEMI TRUCK FAILS TO YIELD CAUSING ONCOMING TRUCK TO CRASH

Our clients were riding on a rural road, when a semi truck driver failed to yield and ran the stop sign. Our client's vehicle was slammed into and the impact caused the vehicle to leave the road. One of our clients was Life Flighted to St. Vincent's Medical Center with fractures to her tibia and fibia on her right leg, broken left femur and fractures to her back. Along with numerous contusions and abrasions, this young lady was fortunate to have survived and is suffering from severe post traumatic stress syndrome. She spent nearly a month in the hospital and local nursing home and is currently doing outpatient therapy. The driver received an ankle ligament tear and is currently undergoing more diagnostic testing to determine the extent of his injury. Following the accident, his wound became badly infected and he had to return to the hospital.



New address or phone number? Help us stay current by letting us know!

Call Ashley at (419) 241-1395 or e-mail her at marketing@charlesboyk-law.com