

The Golden Brick Road

How I Feel Affects Other People!!!

March 2022

Reminding "Seasoned Citizens" to continue to laugh, learn and love their lives...

I AM PROUD TO BE ME

Today I will allow no one to upset me, there will be no problem too great for me to conquer. I will look good, I will feel good, I will have a good attitude. I will look at others and try to understand their motivations; I will react to them accordingly. This will make me a better person and I will be more successful because of it. I will eliminate negative words from my vocabulary. "Can't" and "Won't" do not exist. By being positive myself, I will create positivity in those around me.

I AM PROUD TO BE ME

~ Unknown

~ Thanks Mable W/Chi



When nobody wants to be the first to pass a cop



My grandfather told me that he saw the Titanic, and that from the beginning he warned all the people that the ship would sink, but nobody listened to him. He was a brave man. He did not give up. He warned them again and again on several occasions... until they kicked him out of the cinema.

To book Sporty to share his powerful and joy-filled message with your group: www.sportyking.com If you or someone you know would like to receive a copy of this newsletter by email, send request to Sporty@sportyking.com

So NOW it's time to take a seat... Clean yourself up... Enjoy!!! MARCH is 1 of the 12 best months for loving, living and laughing... Even in a **Third Pandemic** Year!!!

If I wanted to research hard enough I could find someone I knew who died at each age up to my current 66 years (starting with a brother I had who died days after being born). I gladly share my age because, while many say it, I believe that the next moment is not promised. I am enjoying my life. So much so that I think I'll sign up again.

Here's my 90-years blessed Aunt Gloria and 101 Uncle Sammie

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~ Sporty King
Some have told me I look good for 66! I tell them I look forward to waking up!

HEALTH WARNING! GOOD NEWS!

"That's not all folks!"

PORKY PIG - 80 (1935 - ...)

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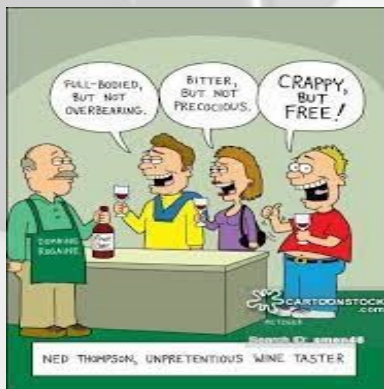
Never too late to enjoy/share the past (while you can...):

Are You Smarter Than a 60-Year Old?

This may be harder than you may think. The answers will be on the tip of your tongue, but you just can't quite remember the correct answer. Don't look below for the answers until you have tried it out. A test for 'older' kids. I was picky who I sent this to. It had to be those who might actually remember. So have some fun my sharp-witted friends. This is a test for us 'older kids'! The answers are printed on PAGE 3, but don't peak! Answer them first.

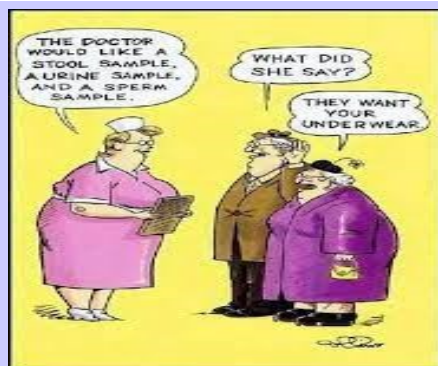
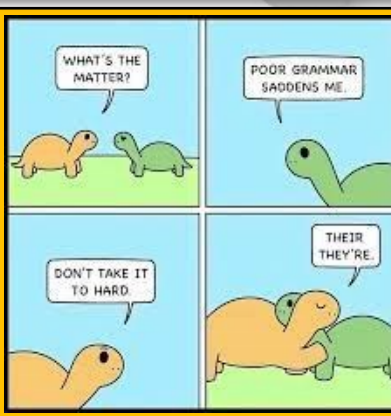
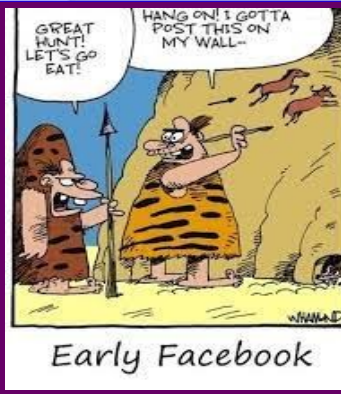
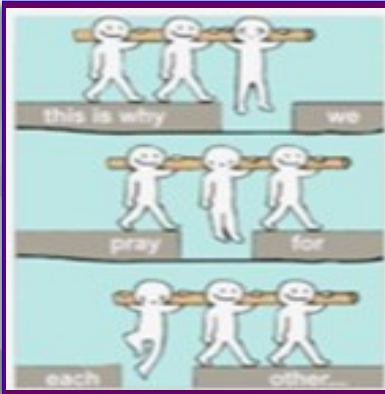
YOU DON'T NEED TO WRITE OUT THE FULL RESPONSE TO EACH ONE

01. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, "I don't know, but he left this behind." What did he leave behind? _____.
02. When the Beatles first came to the U.S. in early 1964, we all watched them on The _____ Show.
03. 'Get your kicks, _____!'
04. 'The story you are about to see is true. The names have been changed to _____!'
05. 'In the jungle, the mighty jungle, _____!'
06. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____!'
07. Nestle's makes the very best _____!'
08. Satchmo was America's *Ambassador of Goodwill*. Our parents shared this great jazz trumpet player with us. His name was _____.
09. What takes a licking and keeps on ticking? _____.
10. Red Skeleton's hobo character was named _____ and Red always ended his television show by saying, 'Good Night, and _____.'
11. The cute little car with the engine in the back and the trunk in the front was called the Volkswagon. What other names did it go by? _____ & _____.
12. One of the big fads of the late 50's and 60's (and still going strong) was a large plastic ring that we twirled around our waist. It was called the _____.
13. "Hey Kids! What time is it?" "It's _____!"
14. There was a song that came out in the 60's that was "a grave yard smash." Its name was the _____!
15. Alka Seltzer used a "boy with a tablet on his head" as its Logo/Representative. What was the boy's name? _____



You're not getting senile. You're exercising your right to forget!

YOU ARE NOT ALONE! EVERYONE'S GOT SOME KIND OF CHALLENGE & VICTORY!



ANSWERS TO PAGE 2 'ARE YOU SMARTER THAN A 60 YEAR OLD?':

- 01. The Lone Ranger left behind a silver bullet
- 02. The Ed Sullivan Show
- 03. On Route 66
- 04. To protect the innocent
- 05. The Lion Sleeps Tonight
- 06. The limbo
- 07. Chocolate
- 08. Louis Armstrong
- 09. The Timex watch
- 10. Freddy, The Freeloader and 'Good Night and God Bless.'
- 11. Beetle or Bug
- 12. Hoola-hoop
- 13. Howdy Doody Time
- 14. Monster Mash
- 15. Speedy

Send this to your 'older' friends, (better known as Seniors). It will drive them crazy!
It'll keep them busy and let them forget their aches and pains for a few minutes.

Thanks Jim S (RIP)/AZ

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You can't get mad when I don't forget that you betrayed me. You can remember to be trustworthy.

~ Sporty King

Yes I forgive and forget. However the penalty still applies. You will not have the same access to me that you chose to devalue. My prayer is that you will remember not do the same to someone you should value more. Remember, according to the Bible so many of us believe in, the 40 year wandering in the desert was not Plan A. It was the penalty. Plan C was the reminder.

How I feel affects other people!!!



Don't let me value more what you're eligible for, than you appreciate what you have.

~ Sporty King

I said this to my Virginia Army Family one week-end as we listened to the detail and (often) bureaucratic explanation of their benefits.

Have you ever heard someone SAY they want to get the negative people out of their life?

When I posted this a friend, Brahm Memone, asked: Yet no one thinks they are negative. So then who is negative? If someone doesn't agree with you?

My response: Most people really aren't negative. For me the negativity is the impact they have on my spirit. One could have my total best interest at heart while being scared for me to (for instance) quit my job for an entrepreneurial venture. They'll be hoping I change my mind, or finding reasons to forecast what won't work for me... and, yes, a form of not agreeing with me that doesn't support my dream. They want me to fit their definition of comfort. I believe we each get to define who is negative to our spirit, and make sure to change their access to our lives.

Brahm: I definitely go by that as well. When we are beginning to grow in a new direction we need all the nutrients to grow, and that which stands in the way of growth must be avoided, lest they impede the growth.

How I Feel Affects Other People!!!



DON'T BLAME your surroundings. CREATE your surroundings.

~ Sporty King

Though some are paying less attention because they're already involved with using the benefits, some need that extra boost in case it doesn't yet apply to them. Thus my message to them is a reminder not to wait for the next event to hear a presentation, but to use this one to research and get started before the next event.

I say it to you now with the same 'reminder' goal. There is something wonderful about you and what's happening in your life that you may be taking for granted, underusing or misusing. And there's someone ready to help you nurture and enjoy your gift. You have to know you have access. Choose your messenger and read your messages carefully. Build on your appreciation for what you have.

How I Feel Affects Other People!!!



I don't complain. I proclaim what I don't like. So I erase or stay away from it or them, because what I do like is ME...

~ Sporty King

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Value your time like no one else will. They won't! They can't!

~ Sporty King

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I love you so much that there's "something" I wouldn't do for you, and I have no idea what it is...

~ Sporty King

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WHY I LIKE RETIREMENT!!!

Question: When is a retiree's bedtime?

Answer: Three hours after he falls asleep in the recliner.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount. Sometimes 15%

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents.

QUESTION: What do you do all week?

Answer: Monday through Friday, NOTHING..... Saturday & Sunday, I rest.

~ *Thanks Helen/NY*

FIGURING IT OUT

A farmer stopped by the local mechanic shop to have his truck fixed. They couldn't do it while he waited, so he said he didn't live far and would just walk home. On the way home he stopped at the hardware store and bought a bucket and a gallon of paint. He then stopped by the feed store and picked up a couple of chickens and a goose. However, struggling outside the store he now had a problem - how to carry his entire purchase home.

While he was scratching his head he was approached by a little old lady who told him she was lost. She asked, "Can you tell me how to get to 1603 Mockingbird Lane?"

The farmer said, "Well, as a matter of fact, my farm is very close to that house I would walk you there but I can't carry this lot."

The old lady suggested, "Why don't you put the can of paint in the bucket.. Carry the bucket in one hand, put a chicken under each arm and carry the goose in your other hand?"

"Why thank you very much," he said and proceeded to walk the old girl home.

On the way he says, "Let's take my short cut and go down this alley. We'll be there in no time."

The little old lady looked him over cautiously then said, "I am a lonely widow without a husband to defend me. How do I know that when we get in the alley you won't hold me up against the wall, pull up my skirt, and have your way with me?"

The farmer said, "Holy smokes lady! I'm carrying a bucket, a gallon of paint, two chickens, and a goose. How in the world could I possibly hold you up against the wall and do that?"

The old lady replied, "Set the goose down, cover him with the bucket, put the paint on top of the bucket, and I'll hold the chickens."

~ **internet jokester unknown** (*walking your way...*)

NUN AT HOOTERS

A nun, badly needing to use the restroom, walked into a local Hooters. The place was hopping with music and loud conversation and every once in a while the lights would turn off. Each time the lights would go out, the place would erupt into cheers. However, when the revelers saw the nun, the room went dead silent. She walked up to the bartender, and asked, "May I please use the restroom?"

The bartender replied, "OK, but I should warn you that there is a statue of a naked man in there wearing only a fig leaf." "Well, in that case I'll just look the other way," said the nun.

So, the bartender showed the nun to the back of the restaurant. After a few minutes, she came back out, and the whole place stopped just long enough to give the nun a loud round of applause. She went to the bartender and said, "Sir, I don't understand. Why did they applaud for me just because I went to the restroom?"

"Well, now they know you're one of us," said the bartender, "Would you like a drink?"

"But, I still don't understand," said the puzzled nun.

"You see," laughed the bartender, "every time someone lifts the fig leaf on that statue, the lights go out. Now, how about that drink?"

~ *jokester unknown (but lighting them up)*

Who's cheering for you, and why are they cheering? Know your surroundings.

I cheer for you all the time. Oh, we may call it praying... but it's cheering. ☺

... How I feel affects other people!!!



EGO LIVING

On a scale of 1 - 5... I'm a 6...
You see some people are tripping. Me? I'm living!
And I have to recognize and rejoice
in what my feeling good about myself has pulled me through.
I have to release and rescind
a list of negative comments and situations
that could increase your vocabulary
and your ability to tell stories that will have people rolling in the aisles.

(So)... on a scale of 1 - 10... I'm a 12...
Come on, I'm more than a cut above the rest
Because the edge I'm living on is called Sharp.
See, that's what I had to be to get through school
(oh, that was back in the day)
before they graded on the curve, spelled phonetically or espoused Ebonics.
Being rough around the edges didn't cut it
like a smooth operator should
And with the option to fail being *unavail*...
I was able to tap into *my* sometimes-faulty vision
of just how powerful I am to bring a child into this world,
volunteer my time, or buy a raffle ticket to support a worthy cause...
Cause... I'm really talking about you
and your ability to save a life.

And on a scale of 1 - 20... I need you to be 25...
Where every quarter of your percent
magnifies your testimony of being alive.
So don't you dare think that on a scale of 1 - 50
you can be stopped at 55....

You see, our egos have a one-track mind.
They give 100% and they don't conform to scales.
They rest upon request, and sometimes not too well.
They're our best source for biased opinions
And sometimes a creative ally or foe.
When we attempt to do what we *think* we can,
they approach it with an attitude of "I know."

And I know I'm not tripping... Me? I'm living...
Because on a scale of 1 - 1... I'm a 3...
My God... My Ego... and Me.