



The Golden Brick Road

How I Feel Affects Other People!!!

DECEMBER 2022

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

How I feel affects other people!!!

What you've done to get where you are is wonderful, took some work and deserves to be celebrated. Stop and celebrate!

~ Sporty King

Yet, let your celebration include the tribute to your past and its increment on your path. Let the tribute welcome the excitement of the next step. For example, being calm under pressure throughout my Corporate America experience continues to pave my success as an entrepreneur. And I continue to celebrate my progress.

How I feel affects other people!!!

God built us to appreciate the moments created for the time separated.

~ Sporty King

Create and celebrate each moment so you can store it in the Memory File.

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!!!
DECEMBER is 1 of the 12 best months for loving, living and laughing... Even in a Third Pandemic Year!!!
It's also 1 of the BER Months: SEPTEM... OCTO... NOVEM...

HEALTH WATCH

I PUT THE THINGAMABOB INSIDE THE WHATCHAMACALLIT, TURNED THE DOOHICKEY AND THE WUTEVERITIS STILL DOESN'T WORK. ANY IDEAS?

SAM AND MORRIS

Sam & Morris met in the park every day to feed the pigeons, watch the squirrels and discuss world problems. One day Morris didn't show up. Sam didn't think much about it and figured maybe he had a cold or something. But after Morris hadn't shown up for a week or so, Sam really got worried. However, since the only time they ever got together was at the park, Sam didn't know where Morris lived, so he was unable to find out what had happened to him. A month had passed, and Sam figured he had seen the last of Morris, but one day, Sam approached the park and -- lo and behold -- there sat Morris! Sam was very excited and happy to see him and told him so. Then he said, 'For crying out loud Morris, what happened to you?' Morris replied, 'I have been in jail.' 'Jail!' cried Sam. 'Why?' 'Well,' Morris said, 'you know Sue, that cute little blonde waitress at the coffee shop where I sometimes go?' 'Yeah,' said Sam, 'What about her?' 'Well, one day, she knew I had money, and she filed rape charges against me; and, at 89-years old, I was so proud that when I got to court I pleaded Guilty. The damn judge gave me 30 days for perjury.'

~ Unknown (Pigeon Proud...) *~ Thanks Paul D/Betty H (IN)*

You may not know all who are quoted, but you may know why they were...

Santa Claus has the right idea. Visit people only once a year. - Victor Borge
 I was married by a judge. I should have asked for a jury. - Groucho Marx
 My wife has a slight impediment in her speech. Every now and then she stops to breathe. - Jimmy Durante
 I have never hated a man enough to give his diamonds back. - Zsa Zsa Gabor
 My luck is so bad that if I bought a cemetery, people would stop dying. - Rodney Dangerfield
 I don't feel old. I don't feel anything until noon. Then it's time for my nap. - Bob Hope
 We could certainly slow the aging process down if it had to work its way through Congress. - Will Rogers
 Maybe it's true that life begins at fifty... But everything else starts to wear out, fall out, or spread out. - Phyllis Diller

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

HOW IT HAPPENED (SWEAR TO GOD)

The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building. Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute. The substitute wanted to know what to play. "Here's a copy of the service," he said impatiently. "But, you'll have to think of something to play after I make the announcement about the finances."

During the service, the minister paused and said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need \$4,000 more. Any of you who can pledge \$100 or more, please stand up."

At that moment, the substitute organist played "The Star Spangled Banner."

And that is how the substitute became the regular organist!

A young boy had just gotten his driving permit. He asked his father, who was a rabbi, if they could discuss his use of the family car. His father took him into his study and said, "I'll make a deal with you. You bring your grades up, study your Talmud a little, get your hair cut and then we'll talk about it."

After about a month, the boy came back and again asked his father if they could discuss his use of the car. They again went into the father's study where the father said - "Son, I've been very proud of you. You have brought your grades up, you've studied the Talmud diligently, but you didn't get your hair cut."

The young man waited a moment and then replied, "You know Dad, I've been thinking about that. You know Samson had long hair, Moses had long hair, Noah had long hair, and even Jesus had long hair."

The rabbi said, "Yes and everywhere they went they walked."

~ Author Unknown (*With A Crew Cut*)

STRANGE REARRANGE

Watch what each of the words "says" when you rearrange the letters.

- Dormitory: Dirty Room
- Presbyterian: Best In Prayer
- Astronomer: Moon Starer
- The Eyes: They See
- The Morse Code: Here Come Dots
- Slot Machines: Cash Lost In Me
- Election Results: Lies – Let's Recount
- Snooze Alarms: Alas! No More Z'S
- A Decimal Point: I'm A Dot In Place
- Eleven Plus Two: Twelve Plus One

~ Unknown (**Know Nun**)

~ Thanks Wayne H (RIP)

THE IMPORTANCE OF CORRECT PUNCTUATION

Dear Larry:

I want a man who knows what love is all about. You are generous, kind, thoughtful. People who are not like you admit to being useless and inferior. You have ruined me for other men. I yearn for you. I have no feelings whatsoever when we're apart. I can be forever happy - will you let me be yours?

Gloria

OR

Dear Larry:

I want a man who knows what love is. All about you are generous, kind, thoughtful people, who are not like you. Admit to being useless and inferior. You have ruined me. For other men, I yearn. For you, I have no feelings whatsoever. When we're apart, I can be forever happy. Will you let me be?

Yours,

Gloria

AN OLD BUT BEAUTIFUL STORY OF MARRIAGE

AND THE COMMUNICATION BETWEEN A HUSBAND AND WIFE

A couple was Christmas shopping at the mall on Christmas Eve and the mall was packed. As the wife walked through the mall she was surprised to look up and see her husband was nowhere around. She was quite upset because they had a lot to do. Because she was worried, she called him on her mobile phone to locate him.

In a calm voice, the husband said, "Honey, you remember the jewelry store we went into about 5 years ago where you fell in love with that diamond necklace that we could not afford and I told you that I would get it for you one day?"

The wife choked up and started to cry and said, "Yes, I remember that jewelry store."

He said, "Well, I'm in the bar right next to it."

~ Internet Jokester

~ Thanks John F/IL

I was just going through my email (so many junk emails to delete) when I saw an ad for "wireless" bras. What will they think of next? I mean everything is going hi-tech but what happens if your wireless goes out? Or if you're in a part of your home where you don't have good reception?

I bet they didn't think of that!

One evening, a family sat down for dinner. The mother served fish and cauliflower. They were all eating, until the boy, chewing on his fish, found a bone.

He pulled it out of his mouth and asked, "Mom, what do I do with this?"

"Put it where you're sure you won't eat it," said his mother.

So the boy carefully stuck it into his cauliflower.

Donation

Father O'Malley answers the phone.

'Hello, is this Father O'Malley?'

'It is!'

'This is the IRS. Can you help us?'

'I can!'

'Do you know a Ted Houlihan?'

'I do!'

'Is he a member of your congregation?'

'He is!'

'Did he donate \$10,000 to the church?'

'He will.'

The Golden Brick Road

How I feel affects other people!!!

You can't pass a torch that doesn't shed light. You are a brilliant light who someone needs to keep their light shining.

~ Sporty King

When "The doors of the church are open." the question is, "Is there one?" You are someone's Messenger. Understand what you're delivering and continue to deliver with confidence.



How I feel affects other people!!!

I've learned to stop counting how many fires I've gone through. I just keep my gear ready!!!

~ Sporty King

How I feel affects other people!!!

SHINE BRIGHT! Someone is blinded while Someone is warmed by your light!

~ Sporty King

How I feel affects other people!!!

If you look at your challenges as God squeezing the butterfly out of your cocoon, you'll also look around and see that he'll give you new tools to shine with.

The battle really "is not" ours! The challenge is for us to remember to ask, "Hey Lord, which weapon do you want me to use to get this one behind me?" The ram will be in the bush!!!

~ Sporty King

So important to clearly enunciate, when ordering through Alexa.

Mike Onderchanin

Bloody hell Alexa, I ordered baby cheeses



amazon.com

Facebook

It's helpful to be empathetic and understand what someone's going through. Be even more helpful by walking them toward a solution.

Remind and reassure them that their challenge can be overcome, and that they're the one who can make it happen based on all they've overcome in the past. Help them remember to trust their *Track Record* and their teammate, God.

How I feel affects other people!!!

Don't support peoples' fears. Expand their imagination to overcome them.

~ Sporty King

How I feel affects other people!!!

Am I blind to the hatred, injustice and negativity?

NOPE!

Read about it in the Bible! Also read about how to act when I saw it, felt it or became a part of it!

~ Sporty King

How I feel affects other people!!!

Sometimes that IS just how it goes!!!

~ Sporty King

Try not to add to your frustration or negative stress by lamenting over something you cannot control. Ask yourself if you have done your part then, if possible, honestly assess whether or not there's more you can do.

Whatever your assessment, make your next move with a calm effort toward the solution.



How I feel affects other people!!!

I didn't agree with every choice my mother made, but I learned to appreciate how strong she was to make them!!!

~ Sporty King

How I feel affects other people!!!

As you get closer to the prize, the terrain gets tougher... so do you!

~ Sporty King

Meanwhile take a moment to listen to some of the lyrics and feed your spirit of empathy and compassion.

We may not walk in someone else's shoes, yet we often sit in the same row... because we've all been through and are going through something. Music is often a guiding light shedding and sharing a memory.

How I Feel Affects Other People!!!

Don't get mad at today's music. Laugh that it's going to be on the Oldies station one day!

~ Sporty King

How I feel affects other people!!!

When Moses led his people out of Egypt that included Pharaoh...

~ Sporty King

You OWN Evil. Let it follow you. ("Get thee behind me Satan." ~ Matthew 16:23) You've got Evil's attention. Let it fool itself... by learning from you. ("Answer a fool according to his folly, or he will be wise in his own eyes." ~ Proverbs 26:5)

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



You may be smiling as you read this at the beginning of the month, yet toward the end of the month is when you'll need it most. During that time several people sink into funk of depression called the Holiday Blues. Let's not dread that tune. Let's reframe it and look forward to the memories that get conjured up and choose to celebrate those who are physically separated from us. It's not easy, but you're no pushover!!! ☺

In 2016 I adopted a 5th Grade classroom at Huntingtowne Farms Elementary School, in Charlotte. I got in to speak with them at least once a month. My assignment I shared with them in October was for each student to write their name, adding a word or character trait describing themselves which began with each letter of their name. My task was then to create an inspirational saying using the words they'd chosen. When I presented the sayings to them, it was their task to 1) reread their name, 2) state what each letter represented, 3) read the inspiration to the class. Here are 8 of the 23. I've capitalized their words even where grammatically incorrect, and because many of you are familiar with the term, "*From the mouths of babes,*" I call these...

FROM THE NAMES OF BABES

Zippy Able Heart Young Ready Alive Hero

When we're Young we have Heroes and role models. Everyone believes in something. And some people will say you're crazy to have such faith. So remember that inventors, doctors, scientists, athletes and actors were once told they were a little Zippy... and from the deepest part of your Heart always be Ready to believe in your Ability to thrive and stay Alive.

Myself Young Awesome

It's not always easy, but it is so important to be confident enough to look in your mirror and say, "I love Myself." Try it today and see how Awesome it feels. Everyone in your family can do it, no matter how Young they are.

Giving Intelligent Outstanding Victorious Active Noble Incredible

What can be more Giving than thanks? Holidays are Outstanding opportunities to let people know how much we care. But let's remember to stay Active in our loved ones' lives all year. Every day can be an Incredible Christmas; a Noble New Year; or a Victorious Valentine's Day. And let's honor our families by showing how Intelligent we are and getting a good education. That's worthy of thanks!

March Amazing Young Royal Awesome

I am an Awesome Young lady! So I surround myself with Amazing friends. Remember to believe in yourself. When you do you'll March to the Royal tune of Kings & Queens. And that's who you'll become!!!

Always nice Never Give up Interesting Everything

Everything I do can make a difference in somebody's life. So it's Always important for me to believe in myself and see myself as an Interesting person who tries to be Nice to my classmates, friends and family. I have faith in myself and the only thing I Never want to do is Give up!

Persistent Helpful Open-minded Excellent Nice Intelligent X-treme

I am an Intelligent leader. So I know how important it is to be Nice, Open-minded and Helpful to others. These qualities make me a better student and friend. And because I never give up on myself, my Persistent goal is to go from being good to being Excellent. Who knows! Maybe one day I'll compete in the X-treme Games!!!

Vibrant Intelligent Caring Excellent Noble Talker Enthusiastic

Enthusiastic people make Excellent friends because they remind us to live a Vibrant life and to have fun. They know it's not just about being smart, but making Intelligent choices and Caring about one another's safety. So don't just be a Talker. Do the things that make you an excellent friend. It's a Noble calling.

Different Enthusiasm Star Tumbler Yoga Noble Interesting

Using Yoga stretches to be a Star Tumbler in the Olympics is a Noble goal, and I'm made of the same stuff. So when people say I'm Different, I believe they mean I'm Interesting and full of enough Enthusiasm to light up a room. Maybe they want my autograph!

5

Imagine these youngsters breathing these words into one another's spirits. Take your deep breath!!!

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

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

AS WE OPEN UP A NEW DAY...

It's actually easy to give up. Give yourself credit if you haven't. I know I still have times where I just feel like throwing in the towel, surrendering or wondering why things are so hard on me. Then I laugh and say, "Occupational Hazard" (which is one thing OH stands for), I'm a Motivational Speaker... what I do is help people see past the white flag. Thus, I'm able to hear myself remind you to 'Trust your Track Record and Laugh at your Lack Record...' and I wring that towel out, swing it around like I'm cheering for the San Antonio Spurs and thank God for being so wonderful in reminding me that **Easy** is not the street he's given me. I use my time to refocus on the path that makes OH also stand for Openly His.

I believe me and I believe in me. It's actually how you start your day. Try mumbling it to yourself throughout your day. After all, it IS 'your' day.

Don't hide behind God. Hide in front of him He distracts your enemies! They fear that he has your back. Do you fear he doesn't? Then let FEAR = Faith Eventually Attracts Resources.

It's your life. Who's playing the role of You, and who are your co-stars? When I started my speaking business I set out to be 'The Muhammad Ali of Motivational Speaking.' As I understood my gift I learned that he was 'The Sporty King of Boxing.' Who's the 'You of [What]?' Even as you try to be humanly humble, most of us love the song, "The Greatest Love of All." How many appreciate living the lyric, "... Learning to love yourself is the greatest love of all..."? Your name looks great on the marquee.

Don't look to be accepted. Strive to remain exceptional. I know you caught that I wrote "remain!" Too often we question our attire, manners, vocabulary, resume, views... giving someone else the power to determine our next step, instead of welcome our next move. True progress is made when you step away from the 'rule.' And you don't always have to move forward. Sometimes stepping aside is another one of your best moves.

Vision is about where you're going, not what you're going through. Knowing the difference will help you get there, while appreciating the journey.

(cont'd on next page)



I was walking home last night and decided to take a short cut through the cemetery...3 girls walked up to me and explained that they were scared to walk past the cemetery at night,so I agreed to let them walk along with me.I told them "I understand...I used to get freaked out too when I was alive."

Never seen anyone run so fast

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

www.sportyking.com 708-805-9279 Sporty@SportyKing.com



AS WE OPEN UP A NEW DAY (cont'd)
Live with no regrets, or you're not living. Sooner or later you stop chasing life, and live it. There's a wonderful rhythm and pace to your existence, as well as a cycle.... In our younger days we strove to be involved in everything, trying hard to follow someone's lead toward our greatness. We challenged and dared ourselves to try new things and defy the odds.... As we matured (at no particular age) we began to place value on different aspects of our lives, based on our experienced results from the involvement, greatness, challenges, dares and defiance. And we are even able to go back and thank those spokes on our cycle as early blessings toward a clearer picture of who we were to become and what we had to do to get here.

I appreciate your doing what you have to, to get here (on the **Golden Brick Road!!!**). Thanks for taking the step toward enjoying each month's sharing. And even as you enjoy December, remember that a manmade calendar should not control our celebration. We're not closing out an old year. We're constantly opening up a new day. Celebrate and re-celebrate *something* each day!
Ongoing blessings ~ **Sporty King**



How I feel affects other people!!!



**If you only show strength
you only teach strength.
We talk so much about how
the next generation doesn't
express their emotions,
however we're not giving
them the examples they need
to know how to express them.**

~ **Sporty King**

I make mention of this during every event with my Military Family. Suggesting that the Caregiver, staying home with the child(ren) after a parent has deployed, not hide their tears from the child(ren). Let them know, "I'm not doing so well with your mom being gone." or "I'm missing your dad a little extra today." The child is likely to respond, "So am I." And there's a good chance you may have relieved a heavy load from their shoulders... where they thought they couldn't express it because felt they had to show they were keeping it together like you were.

Children mimic and mirror adults. They take their emotional cues from you. There's a good chance they'll even repeat the reassuring words you've used with them, "Hey. We've got each other. We're going to pull through this together."

"IT'S OK TO NOT BE OK!" is not just a slogan. It must be a belief and exhibit of one of the many definitions of strength. That there are many definitions is the first lesson to teach...

ONLINE BROADCASTS FACEBOOK ... LINKEDIN ... YOUTUBE

Monday Morning Moment 8:00am EDT

1-2 minute inspirational message.

GLUE (God's Love Undoes Everything)

Wednesday 1:00pm EDT

30-45 minute interactive inspirational message.

GIFT (God Is For Today) Friday 11:00am EDT

*8-12 minute sharing of my original poetry
and how to use it to inspire others... and yourself.*

Happy Hanukkah .. Merry Christmas .. Happy Kwanzaa

HAPPY OLD YEAR!!!

I love you and I'll see you!!! Happy LIFE Moments!!!