

The Golden Brick Road

How I Feel Affects Other People!!!

FEBRUARY 2023

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

WE'RE GOING TO HAVE TO PAINT POTATOES THIS EASTER, Y'ALL.



The chicken since the price of eggs went up



TO MAKE A DIFFERENCE IN SOMEONE'S LIFE, YOU DON'T HAVE TO BE BRILLIANT, RICH, BEAUTIFUL, OR PERFECT. YOU JUST HAVE TO CARE



You don't stop having fun because you get old, you get old because you stop having fun.



Growing old happens. Growing up is optional.



FEBRUARY

Friendships Evolve Based on Real Understanding And Remembering Yesterday

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!!!

FEBRUARY is 1 of the 12 best months for loving, living and laughing... It's also kicking off a new Series of Golden Brick Roads

HEALTH WATCH

"And I thought it was a nasal swab."



THE STUTTERING KITTEN (FROM THE MOUTH OF A CHILD)

A teacher is explaining biology to her 3rd grade students. She says, "Human beings are the only animals that stutter."

A little girl raises her hand, saying, "I had a kitty-cat who stuttered." The teacher, knowing how precious some of these stories could become, asked the girl to describe the incident.

"Well," she began, "I was in the back yard with my kitty and the Rottweiler that lives next door got a running start and before we knew it, he jumped over the fence into our yard!"

The teacher exclaimed, "That must've been scary,"

The little girl said, "It sure was. My kitty raised her back, went 'Sssss, Sssss, Sssss' and before she could say the word 'S#@%,' the Rottweiler ate her!"

The teacher had to leave the room.

~ Thanks RL/CX

What types of conversations are you having with the children in your life?

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there for as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

~ Unknown (Unbelievable...)

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

How I Feel Affects Other People!!!

Death had another good week. So did Life. How will you contribute this week?

~ Sporty King

Losing someone is not, and will never be, easy. Loving and living with the happy memories will take time. Don't rush yourself. Yet don't surrender your spirit and mood. How can you enjoy, and help someone enjoy, life today?

Three women die together in an accident and go to heaven. When they get there, St. Peter says, 'We only have one rule here in heaven: don't step on the ducks!'

So they enter heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one. Along comes St. Peter with the ugliest man she ever saw. St. Peter chains them together and says, 'Your punishment for stepping on a duck is to spend eternity chained to this ugly man!'

The next day, the second woman accidentally steps on a duck and along comes St. Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.

The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is very, VERY careful where she steps. She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on ... very tall, long eyelashes, muscular, and thin. St. Peter chains them together without saying a word. The happy woman says, 'I wonder what I did to deserve being chained to you for all of eternity?'

The guy says, 'I don't know about you, but I stepped on a duck!'

~ Jokester Unknown (dodging ducks)

Grandma's Birth Control Pills

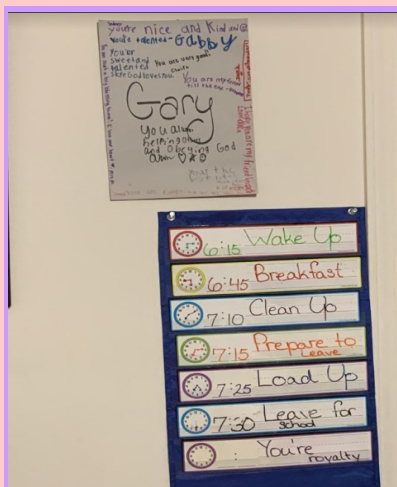
A doctor that had been seeing an 80-year-old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all the medicines that had been prescribed for her. As the young doctor was looking through these, his eyes grew wide as he realized she had a prescription for birth control pills. "Mrs. Smith, do you realize these are BIRTH CONTROL pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep!"

She reached out and patted the young doctor's knee. "Yes, dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16-year-old granddaughter drinks. And believe me, it helps me sleep at night."

~ Unknown (zzzzzzzzzz)



This is what my 8-year old Great Nephew in Ohio sees whenever he's in his room and whenever he wants to. Last Thanksgiving I had the privilege of staying in his room during my visit. Reading his wall made ME feel good. I share that smile with you.

OLIVE YOU

A guy goes into a bar and whispers something to the bartender. The bartender gives him 2 martinis with 3 olives each. The guy takes the 3 olives out, puts them in a jar in his jacket, and downs the martinis. He signals to the bartender for another round and, again he takes the olives out and puts them in a jar in his jacket. He then drinks, gets up and leaves.

Another guy sitting at the bar said, "That was strange, putting those olives in a jar. What did he whisper?"

"He said he was in a hurry because his wife sent him out to get a jar of olives."

~ Unknown

~ Thanks Larry C/SC

The Golden Brick Road

How I Feel Affects Other People!!!

MERCY'S LAW:
Whatever can go right will go right!!!
~ Sporty King

THAT'S worth getting ready for and enjoying it upon arrival!

Realize and remember that your not being someone else's choice does not mean you haven't been chosen by God to blaze a different path. Whether it was a job, relationship or team... you saw, in them, what you wanted. Now shake yourself and realize God saw, in you, what you needed. And that's not a slight against those who didn't choose you. You were not the fit God told them they needed... NOW. Perhaps he is setting you both up for a huge celebration of togetherness. Perhaps he must first walk you through your celebration of keeping it together on separate paths.

How I feel affects other people!!!

We understand people's right to choose. Yet we sometimes don't understand when we're not their choice!!!
~ Sporty King

How I Feel Affects Other People!!!

Life is about watching "your" movie over and again. Each time you'll see a little something different out of the corner of your eye!
~ Sporty King

That side-glance always gives you an option to change via down or upgrade. Whichever you decide, decide to watch again and keep exercising your option. God's plan for you allows that.

How I Feel Affects Other People!!!

I LIVE IN A BUBBLE OF POSITIVITY. EV-VER-REE-THING WORKS FOR THE GOOD OF GOD!
WELCOME TO 2023
~ Sporty King

And that REALLY includes the tough things we've each been through and all we'll go through. PAT (Patience And Trust) yourself on the heart and give God thanks for this new moment.

How I Feel Affects Other People!!!

When you take a seat to compete, beware how you compare. YOU are your competition. Just be better than you were last time!!!
~ Sporty King

I cannot TELL you how many times I've won!!!

How I Feel Affects Other People!!!

Don't heckle a speaker you don't like. You might give him/her a chance to be successful!!!
~ Sporty King

How I Feel Affects Other People!!!

You cannot IN-filtrate from the outside. Patiently work your way in so you can make a difference!!!
~ Sporty King

How I feel affects other people!!!

The battle really is NOT yours. For all you know, it's over! No true idea when it started. Duck!!! And move on.
~ Sporty King

How I Feel Affects Other People!!!

None of us is who we used to be. That's neither good nor bad; it's just the way it is!!!
~ Sporty King

How I Feel Affects Other People!!!

Keep having good days! They help offset the bad hours!
~ Sporty King

How I Feel Affects Other People!!!

We reach up, but God reaches down more!!! Have you shared his touch lately?
~ Sporty King

How I Feel Affects Other People!!!

It's not young people's job to unlearn technology we created. It's our job to learn & show them how to apply it to what we invented it to be.
~ Sporty King

How I Feel Affects Other People!!!

When people question your choices it's sometimes because you've outgrown them!!!
~ Sporty King

PERSPECTIVE CAN EQUAL PEACE.

How I feel affects other people!!!

Good Mourning. What a blessing (even though not always feeling like a joy) to miss someone. You honor those you mourn!
~ Sporty King

How I feel affects other people!!!

Grief is not a moment you're supposed to get over. It's fuel for a process you'll need to keep going.
~ Sporty King

Be where you are today and be satisfied. That doesn't mean you're settling or can't change. It means enjoy taking inventory and celebrating your growth. Yepp, you could've chosen a different path. You didn't!

How I feel affects other people!!!

I have not always been confident of my path and faith in God. But I have always been conscious of trying to gain that confidence!
~ Sporty King

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



Subject: The Moped & Ferrari

An elderly man on a Moped, looking about 100 years old, pulls up next to a doctor at a street light. The old man looks over at the sleek shiny car and asks, 'What kind of car ya got there, sonny?'

The doctor replies, 'A Ferrari GTO. It cost half a million dollars!'

'That's a lot of money,' says the old man. 'Why does it cost so much?'

'Because this car can do up to 320 miles an hour!' states the doctor proudly.

The Moped driver asks, 'Mind if I take a look inside?'

'No problem,' replies the doctor.

So the old man pokes his head in the window and looks around. Then, sitting back on his Moped, the old man says, 'That's a pretty nice car, all right... but I'll stick with my Moped!'

Just then the light changes, so the doctor decides to show the old man just what his car can do. He floors it, and within 30 seconds the speedometer reads 160 mph. Suddenly, he notices a dot in his rear view mirror. It seems to be getting closer! He slows down to see what it could be and suddenly WHOOOOSSSHHH!!! Something whips by him going much faster!

'What on earth could be going faster than my Ferrari?' the doctor asks himself. He presses harder on the accelerator and takes the Ferrari up to 250 mph. Then, up ahead of him, he sees that it's the old man on the Moped! Amazed that the Moped could pass his Ferrari, he gives it more gas and passes the Moped at 275 mph. And he's feeling pretty good until he looks in his mirror and sees the old man gaining on him AGAIN!

Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way up to 320 mph. Not ten seconds later, he sees the Moped bearing down on him again! The Ferrari is flat out, and there's nothing he can do! Suddenly, the Moped plows into the back of his Ferrari, demolishing the rear end. The doctor stops and jumps out and unbelievably the old man is still alive.

He runs up to the banged-up old guy and says, 'I'm a doctor.... Is there anything I can do for you?'

The old man whispers, 'Unhook my suspenders from your side view mirror.'

~ Unknown (... *and never wearing suspenders again.*)

**"Good friends are like quilts!
They age with you,
yet never lose their warmth."**

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM, or sleep until noon? I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken is pristine and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

**MAY OUR FRIENDSHIP
NEVER COME APART,
ESPECIALLY WHEN
IT'S STRAIGHT FROM THE HEART!**

~ Author Unknown (Yet well known...)

~ **Thanks Joe F (RIP)**

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 February... remember that a manmade calendar should not control our celebration. Celebrate and re-celebrate *something* each day! Ongoing blessings ~ **Sporty King**

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

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

And you will read this at the end

You will read this first

And then you will read this
Then this one

GENERATIONS OF CHILDREN WATCHED GUN VIOLENCE EVERY WEEKEND MORNING



AND DIDN'T SHOOT UP THEIR SCHOOLS. WHAT CHANGED?

My uncle just texts me asking what does **IDK** mean? I said: I don't know... He said: **Damn, nobody does!**



ladjhnsn

SENIORS TEXTING CODE:

- ATD: At The Doctors
- BFF: Best Friend Fell,
- BTW: Bring the Wheelchair,
- BYOT: Bring Your Own Teeth,
- FWIW: Forgot Where I Was,
- GGPBL: Gotta Go Pacemaker Battery Low,
- GHA: Got Heartburn Again,
- IMHO: Is My Hearing-Aid On,
- LMDO: Laughing My Dentures Out,
- OMMR: On My Massage Recliner,
- OMSG: Oh My! Sorry, Gas,
- ROFLACGU: Rolling On Floor Laughing And Can't Get Up
- TTYL: Talk To You Louder.

Teacher: What is the opposite of Antibiotic?

Student: Uncle-biotic 😂



I'm not sharp enough



I'm not colourful enough.



Comparison destroys personality.

GRANDMA'S SUPERPOWER!

I KNOW ALL YOUR BIRTHDAYS WITHOUT BEING REMINDED BY FACEBOOK.



THAT MOMENT



We've been friends for so long, I can't remember which one of us is the bad influence.



BUT WE DON'T FALL IN LOVE. WE WALK IN LOVE. WE DISCOVER LOVE. WE BUILD LOVE. WE CHOOSE LOVE.

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

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



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 THIS YEAR!!!

I love you and I'll see you!!!

Happy LIFE Moments!!!



As I wish you a Happy Valentine's Day I remind you that the quality of love should rarely be measured in terms of quantity of time spent. I thank and love each of you reading this newsletter because your doing so is an expression of the joyous time we spend mentally, where the real sharing lives. We occupy space physically, yet we share mentally, because it is what our last thought about a person that stays with us until we meet again. Do your best to let your every, or last thought about someone be positive, and you will have no regrets about the relationship.

More importantly, for those you cherish, here's my favorite love poem, and how it's introduced at the end of my book:

Mothers, daughters, sisters, aunts, friends... you are the object of countless secret admirers, and worthy of that praise. This final poem will remind you that someone, somewhere is thinking about you. It doesn't have to be a man. For, just as you are blessed to be the right person, you are blessed to have the right people in your life. Think about a different loved one or reason every time you read

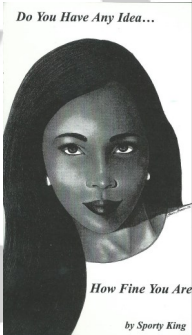
YOU KEPT ME UP LATE LAST NIGHT

I could almost make out your figure
Through the darkness in which we sat.
And so I sat and I listened,
And I felt your every word
as they lingered in the black.

I closed my eyes.

But I opened them shortly
(for I missed you in that span)
Your fragrance enticed my nostrils
Your voice welcomed me back
Your actions called for my attention
Your wisdom rang in my ear.
You kept me up late last night
And you weren't even here

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How I Feel Affects Other People!!!
S.I.L.L.Y.
(Self Imposed Limitations
Lie to You)
You can't do
what you won't try!!!
If you're gonna
be a "too,"
be "too wonderful!!!!"
- Sporty King

Ever drown yourself in doubt, thinking you're too short, tall, inexperienced, experienced,

dark, light or just don't have what it takes? Well it's time to stop holding yourself back. And the power to do so is only 3 syllables away... **WONDERFUL!**

I got called 'pretty' today!
Well actually the full statement was 'you're pretty annoying'
But I only focus on positive things

I'm not old
Just
Been young a long time

Can't sleep?
Try counting your blessings.