

The Golden Brick Road

How I Feel Affects Other People!!!

MARCH 2023

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

How I feel affects other people!!!

What could possibly go right for you today? Focus on the joy & laughter, not the pain they're after!

~ Sporty King

Remember... THEY want you to constantly and endlessly focus on the pain.

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...

HEALTH WATCH

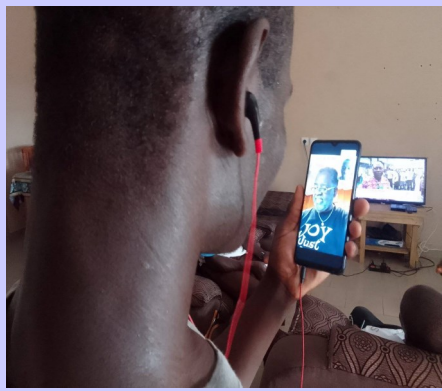
How I feel affects other people!!!

I may not have a six-pack, but I've got two 40's (down from a keg), and I found that people don't just like me for my looks.

~ Sporty King

All you young Whipper-snappers will never know...

The satisfaction of slamming down a receiver on a rotary phone!



I took French from 6th-10th Grades. When, in 1995, I decided to go to Paris I got a cassette tape and small handbook to brush up 2-3 months in advance. The language came back smoothly. When I got to Paris and the gentleman in the store started speaking to me in French I had no idea what he was talking about. Turns out I needed the English prompting for me to translate into French. Ended up having a great 9 days thanks mostly to one of my traveling partners, Lynn M. Harvey-Akan's comfort in the language.

[fast forward] Spoke with these five youngsters in Ivory Coast in February. Their teacher, Jean Luc Irie, and I work together to help them learn to speak English. Since 2020 we've tried to make a monthly WhatsApp or FaceBook video call. We fight through the internet challenges and practice conversational English with me after Jean teaches it. Hearing their progress is one of my monthly joys. Getting to know and laugh with them is even better. Having them teach me some French and about their country is a bonus. Thank you Jean (gold shirt) and your English Class Scholars.

I am working with Jean and the Scholars so that they become more comfortable in conversation, and have more of a 'Lynn' than a 'Sporty' experience when they come to America.

Which number is missing?

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63
64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81
82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99
100								

How long did it take you to find it?

With all the testing going on these days... I thought it would be a good idea for you to pass a test before continuing on The Golden Brick Road. You WILL find the missing number. The test is in how long it takes you.

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

An elderly gent was invited to an old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms such as: Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost 70 years and clearly, they were still very much in love.

While the wife was in the kitchen, the man leaned over and said to his host, 'I think it's wonderful that, after all these years, you still call your wife those loving pet names'.

The old man hung his head. 'I have to tell you the truth,' he said, 'Her name slipped my mind about 10 years ago and I'm scared to death to ask her what it is!'

~ Jokester Unknown (or unheard of... or not sure... or exercising the right to forget)

The #2 Pencil...

Little Mary Margaret was not the best student in Catholic School. Usually she slept through the class. One day her teacher, a Nun, called on her while she was sleeping. "Tell me Mary Margaret, who created the universe?"

When Mary Margaret didn't stir, little Joseph, who was her friend sitting behind her took his pencil and jabbed her in the rear. "God Almighty!" shouted Mary Margaret. The Nun said, "Very good," and continued teaching her class.

A little later the Nun asked Mary Margaret, "Who is our Lord and Savior?" But Mary didn't stir from her slumber. Once again, Joseph came to her rescue and stuck Mary Margaret in the butt. "Jesus Christ!!!" shouted Mary Margaret and the Nun once again said, "Very good," and Mary Margaret fell back asleep.

The Nun asked her a third question, "What did Eve say to Adam after she had her twenty-third child?" Again, Johnny came to the rescue. This time Mary Margaret jumped up and shouted, "If you stick that damn thing in me one more time, I'll break it in half!" The nun fainted.

~ Jokester Unknown ("Very good")

CHECKOUT YOUR MIND

- 1) A bus driver was going the wrong way on a one-way street and the cops saw him but didn't do anything. Why not?
- 2) If you have one dog and two cats, how many legs do you have?
- 3) If a cowboy rode into town on Wednesday night what was the horse's name?
- 4) How do you pronounce "t-h-e"?
How do you pronounce "s-i-s"?
If you put the two words together how do you pronounce it?

[Answers on page 3]

Misplaced My Glasses

Yesterday my daughter e-mailed me again asking why I didn't do something useful with my time (like sitting around the pool and drinking wine is not a good thing). Talking about my "doing something useful" seems to be her favorite topic of conversation.

She was "only thinking of me" and suggested I go down to the senior center and hang out with the guys. I did this and when I got home last night I decided to teach her a lesson about staying out of my business.

I e-mailed her and told her that I had joined a parachute club. She replied, "Are you nuts? You are about 72 years old, and now you're going to start jumping out of air-planes?" I told her that I even got a membership card and e-mailed a copy to her.

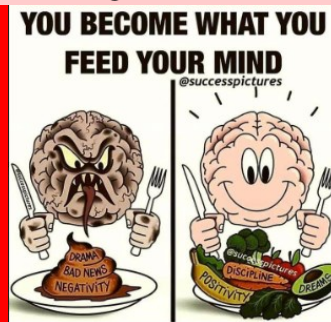
She immediately telephoned me, "Good grief, where are your glasses! This is a membership to a Prostitute Club, not a Parachute Club."

"Oh man, I'm in trouble now; I really don't know what to do. I signed up for five jumps a week." The line went quiet and her friend picked up the phone and said that she had fainted.

Life as a senior citizen is not getting any easier but sometimes it can be fun.

~ Internet Jokester (or Jumpster...)

Thanks Roberta L/Chi



Speaking/thinking of sharp points... July will make 13 years for me in Charlotte. My first contract was for teaching Life Skills through the Urban League. Here are some that I may (or maybe not) have shared during those classes...

Life Skills...

- ◆ You can tell a lot about a woman's mood just by her hands. If she is holding a gun, she's probably angry.
- ◆ You know that tingly little feeling you get when you really like someone? That's common sense leaving your body.
- ◆ I don't like making plans for the day because then the word "premeditated" gets thrown around in the courtroom.
- ◆ I didn't make it to the gym again today. That makes five years in a row.
- ◆ I decided to change calling the bathroom the 'John' and renamed it the 'Jim'. I feel so much better saying I went to the Jim this morning.
- ◆ Dear paranoid people who check behind shower curtains for murderers: if you find one, what's your plan?

~ Internet Jokester (Life Skilled...)

Thanks Joyce S/FLA

The Golden Brick Road

How I Feel Affects Other People!!!

People don't get angry with you. They get angry with the fact that they can't control you.

~ Sporty King

Beware that their anger doesn't force you to take action that makes you lose control of yourself.



You will never see yourself as a Loser when you learn to compete only with yourself... to be better than you were last time. There is nothing embarrassing about the fact that God answered someone else's prayer while showing you more of what you've prayed: that His will be done.

How I Feel Affects Other People!!!

I can be happy for anyone who beats me because I know what it takes to beat me.

~ Sporty King

Beware that their anger doesn't force you to take action that makes you lose control of yourself.



How I Feel Affects Other People!!!

People don't get angry with you. They get angry with the fact that they can't control you.

~ Sporty King

How I feel affects other people!!!

The Buck is Stoppable! This generation will do great things. I'm glad to plant a seed of no pre-dated expectations.

~ Sporty King

Each generation has been doubted by 1 or 2 generations ahead of them. Each generation has then made great progress relative to the resources, options and technologies available to them... or impacting their decision making. Each generation has done great things because someone 1 or 2 generations ahead of them planted a seed of belief. Each generation can choose to have no doubt those 1 or 2 generations behind them will do great things that cannot be imagined according to what's available today. Pre-dated expectations become outdated tomorrow...

How I Feel Affects Other People!!!

There's a chance that I've missed some opportunities in life, according to others. Yet I've never missed an opportunity to enjoy my life, according to me.

~ Sporty King

How I feel affects other people!!!

Who brings out the 'better' in you? You're actually at your 'best' every day because you're working with the energy you have.

~ Sporty King

How I Feel Affects Other People!!!

Don't only be strong in defiance. Be strong in deliverance. Calmly take a stand for what you believe!!!

~ Sporty King

How I feel affects other people!!!

Two of the biggest wins you'll ever experience are from what you cannot do: Give Up or Beat God Giving.

~ Sporty King

How I Feel Affects Other People!!!

If you're not holding family and friends accountable to your principles and standards, what you're really doing is supporting and enabling the very action you advocate against.

~ Sporty King

How I feel affects other people!!!

I don't apologize for something I don't want to do. I say it doesn't work for me and move on with a clear conscience

~ Sporty King

How I feel affects other people!!!

Success is a tool, not a weapon. Use it to help people, not to harm them. Sleep on it.

~ Sporty King

How I feel affects other people!!!

I'M HAPPY!

~ Sporty King

How I feel affects other people!!!

I have finite time to experience infinite stuff. Won't choose to waste it!!!

~ Sporty King

Yeah, we say we won't, and actually often can't avoid what seems to be a waste of time. Inhale the key word: **CHOOSE!**



How I feel affects other people!!!

Words are powerful and self-fulfilling. The next time you say you're going "through" something, smile and watch for the testimony!

~ Sporty King

How I Feel Affects Other People!!!

God has never made a mistake or a stranger... even when he's been unpopular or unknown. Are you doing his will?

~ Sporty King

Twist your head and say it to yourself like a wise old owl and mean it. No mirror required.

Then ask, answer and remember this...



CHECKOUT YOUR MIND ANSWERS

1. The bus driver was walking
2. You have two legs
3. The horse's name is Wednesday Night (or Knight)
4. You pronounce it 'thee-sis' (thesis)

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



A Lawyer and a Senior

A lawyer and a senior citizen are sitting next to each other on a long flight. The lawyer is thinking that seniors are so dumb that he could get one over on them easily. So, the lawyer asks if the senior would like to play a fun game. The senior is tired and just wants to take a nap, so he politely declines and tries to catch a few winks.

The lawyer persists, saying that the game is a lot of fun. "I ask you a question, and if you don't know the answer, you pay me only \$5. Then you ask me one, and if I don't know the answer, I will pay you \$500," he says. This catches the senior's attention and to keep the lawyer quiet, he agrees to play the game.

The lawyer asks the first question. "What's the distance from the Earth to the Moon?" The senior doesn't say a word, but reaches into his pocket, pulls out a five-dollar bill, and hands it to the lawyer.

Now, it's the senior's turn. He asks the lawyer, "What goes up a hill with three legs, and comes down with four?"

The lawyer uses his laptop to search all references he can find on the Net. He sends emails to all the smart friends he knows; all to no avail. After hours of searching, he finally gives up. He wakes the senior and hands him \$500. The senior pockets the \$500 and goes right back to sleep.

The lawyer is going nuts not knowing the answer. He wakes the senior up and asks, "Well, so what goes up a hill with three legs and comes down with four?"

The senior reaches into his pocket, hands the lawyer \$5, and goes back to sleep.

~Unknown Jokester (Oops... \$5 please)



(Let's take a different look at that #2 Pencil)

PARABLE OF THE PENCIL

The Pencil Maker took the pencil aside, just before putting him into the box. "There are 5 things you need to know," he told the pencil, "before I send you out into the world. Always remember them and never forget, and you will become the best pencil you can be.

One: You will be able to do many great things, but only if you allow yourself to be held in someone's hand.

Two: You will experience a painful sharpening from time to time, but you'll need it to become a better pencil.

Three: You will be able to correct any mistakes you might make.

Four: The most important part of you will always be what's inside.

And Five: On every surface you are used on, you must leave your mark. No matter what the condition, you must continue to write.

The pencil understood and promised to remember, and went into the box with purpose in its heart.

***Now, replacing the place of the pencil with you...
Always remember them and never forget, and you will become the best person you can be.***

One: You will be able to do many great things, but only if you allow yourself to be held in God's hand. And allow other human beings to access you for the many gifts you possess.

Two: You will experience a painful sharpening from time to time, by going through various problems, but you'll need it to become a stronger person.

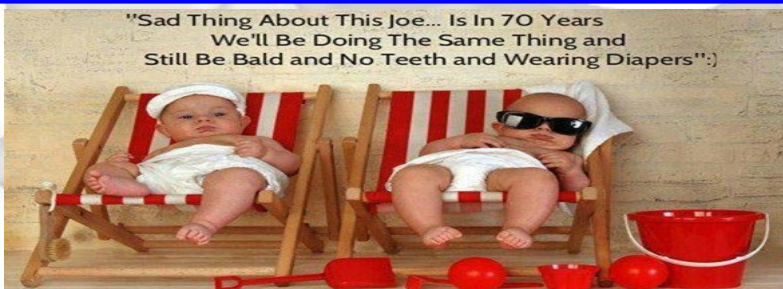
Three: You will be able to correct any mistakes you might make.

Four: The most important part of you will always be what's on the inside.

And Five: On every surface you walk through, you must leave your mark. No matter what the situation, you must continue to do your duties.

By understanding and remembering, let us proceed with our life on this earth having a meaningful purpose in our heart.

~ Author Unknown



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

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

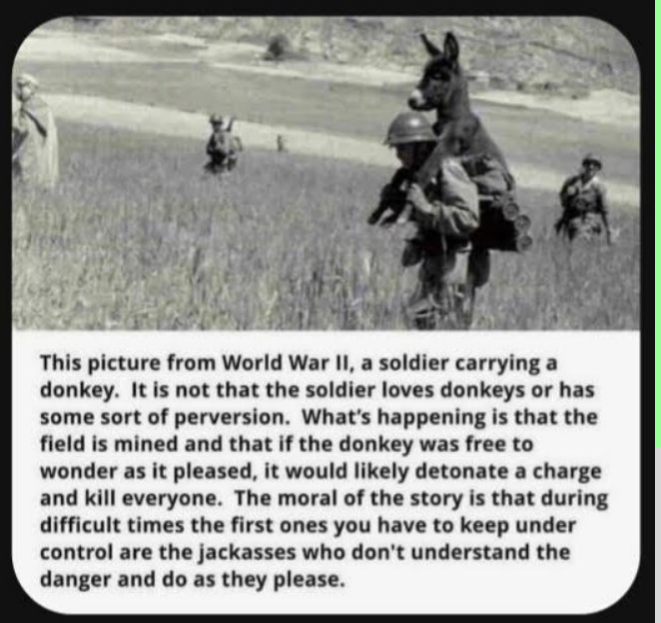


When you feel that nobody loves you, nobody cares for you, everyone is ignoring you, and people are jealous of you. You should really ask yourself:
Am I too sexy?!

A Woman's Poem (very touching)

He didn't like the casserole
And he didn't like my cake,
He said my biscuits were too hard
Not like his mother used to make.
I didn't perk the coffee right
He didn't like the stew,
I didn't mend his socks
The way his mother used to do.
I pondered for an answer
I was looking for a clue.
Then I turned around and
smacked the crap out of him...
Like his mother used to do.

Happy Women's History Month



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

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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!!!

SYMPTOMS OF INNER PEACE

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace, and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world. Some signs to look for:

1. A tendency to think and act spontaneously, rather than on fears based on past experiences.
2. An unmistakable ability to enjoy each moment.
3. A loss of interest in judging other people.
4. A loss of interest in interpreting the actions of others.
5. A loss of interest in conflict.
6. A loss of the ability to worry (This is a very serious symptom)
7. Frequent, overwhelming episodes of appreciation.
8. Contented feelings of connectedness with others and nature.
9. Frequent attacks of smiling. An increasing tendency to let things happen, rather than make them happen.
10. An increased susceptibility to the love offered by others, as well as, the uncontrollable urge to extend it.

~ Unknown

~ **Known** - The Golden Brick Road will return in April... No Foolin'

In October 1997, I began going around the city of Chicago speaking at Senior Citizen Centers of the Chicago Department on Aging. This poem was created through me by the words and thoughts of those who attended my monthly sessions. As so many people have heard seniors say "I've forgotten more than you'll ever remember...", we created a collection of poetry called *Remembering More Than You'll Ever Forget*. That collection is now a part of my book *I Found Out I'm Living*. As you speak to a senior, you'll find this new statement to be true. And you'll need to remember to understand that they've seen and learned so much, that they have the "right" to forget some things without giving any credit to senility.

There were times where I wrote from the words they gave me... and times where we wrote together... using their names, favorite colors, numbers or expressions. Every time was a blessing. The theme used for this poem was WOMEN.

I remind you, as I reminded them, that if you have given birth to a child, volunteered your time or bought a raffle ticket to support a worthy cause... you have saved a life. Don't worry about counting each life, just know that you have saved many. Today you have the chance to save another... beginning with yours. Never forget that.

WOMEN

... Can't live without them (period)

And I wouldn't want to have to be the one to prove it...

Thus, as I sat beside the fireplace last night,
my thoughts drifted to you.

Not the words we exchanged during our last time together,
but to *you*.

And as I listened to the crackle of the wood
I was reminded of the crispness and effervescence
of your smile...

A glow of encouragement, inspiring me to breathe
and enjoy this walk of faith.

Staring into the dancing flames
I saw the many faces of your beauty, and sensed your moods...
As you stare into the mirror we now share.

Funny, how it seems I have a message...

When I am merely the messenger.

Clever, how I mouth your words...

With no sight of your hand running up my back.

Lasting, your affect on the lives you touch...

Neither beginning nor ending with mine.

Oh, I could go on...

But, I can't *live* without you (period)

I
Found
Out I'm
Living

An Affirmation of
LIFE

Sporty King