

The Golden Brick Road

How I Feel Affects Other People!!!

MAY 2023

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

I just realized why this month is called May

It may rain, it may snow, it may be 70 degrees or it may be 20 degrees

My wife and I got stuck in an elevator and when we got home, we told the story to our kids. They just looked at us and said,

"Soooo.....
...did ya get out?"

My wife and I looked at each other and made a pact to go ahead and start drinking away their college fund.

Are you talking to yourself about falling... or getting up?

How I feel affects other people!!!
~ Sporty King

Mental boundaries will always be your #1 stumbling block. Yet, once you start to see them as guidelines instead, you get in touch with your limitless personal power...

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!!! MAY is 1 of the 12 best months for loving, living and laughing...

HEALTH WATCH

CONCENTRATE ON THE DOT FOR 15 SECONDS AND THE HORSE WILL CHANGE COLOUR TO YOUR MOOD

■ HUNGRY	■ ANGRY	■ STRESSED
■ TIRED	■ HAPPY	■ CALM
■ JEALOUS	■ SAD	■ GULLIBLE

@caterpillarvapes.com

YOU MAY ENTER THE GBR

THIS ONE IS NOT A JOKE...

KNOW THE RED FLAGS

The most common types of scams will target you through fake emails, text messages, voice calls, letters or even someone who shows up at your front door unexpectedly. No matter which technique the scammer uses, you may be:

- Contacted unexpectedly by phone, email, text, direct message or pop-up with a request for personal information or money. Never click a link or download an attachment from someone you don't know. Bank of America will never text, email or call you asking for personal or account information.
- Pressured to act immediately with an alarming phone call, email or text that plays with your emotions. Scammers may pose as an employee from a familiar organization, such as Bank of America and say there's a problem that needs immediate attention. Do not act unless you have verified the person who has contacted you and the story or request is legitimate.
- Asked to pay in an unusual way, like gift cards, bitcoin, prepaid debit cards or digital currency, including Zelle® to resolve fraud. Bank of America will never ask you to transfer money to anyone, including yourself and will never ask you to transfer money because we detected fraud on your account.
- Asked to provide personal or account information, such as an account verification code, bank account number or PIN. When in doubt, don't give it out. Bank of America will never text, email or call you asking for an account authorization code.
- Offered a free product or 'get rich quick' opportunity that seems too good to be true? If something sounds too good to be true, it probably is. Never cash a check for someone you don't know.

If you authorize a transfer or send money to a scammer, there's often little we can do to help get your money back.

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

STICKS & STONES & STRANGERS

My wife and I sent into town to shop. When we came out, there was a cop writing out a parking ticket. We went up to him and said, "Come on man, how about giving a senior citizen a break?" He just ignored us and continued writing the ticket.

I called him a "butthead." He glared at me and started writing another ticket for having worn-out tires.

So my wife called him a jerk. He finished the second ticket and put it on the windshield with the first. Then he started writing more tickets.

This went on for about 20 minutes. The more we offended him, the more tickets he silently wrote. He finally finished, sneered at us and walked away.

Just then our bus arrived, and we got on it and went home.

We try to have a little fun each day now that we're retired. It's so important at our age!

~ Anonymous (*Senile... or Exercising???*)

THINGS YOU'LL NEVER HEAR A MOTHER SAY

- "How on earth can you see the TV sitting so far back?"

- "Yeah, I used to skip school a lot, too."

- "Just leave all the lights on. It makes the house look more cheery."

- "Let me smell that shirt. Yeah, it's good for another week."

- "Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him everyday."

- "Well, if Timmy's mom says it's okay, that's good enough for me."

- "The curfew is just a general time to shoot for. It's not like I'm running a prison around here."

- "I don't have a tissue with me, just use your sleeve."

- "Don't bother wearing a jacket. The wind chill is bound to improve."

CHECK PLEASE

Two old ladies, Dolly and Molly, were talking about their grandchildren. Dolly said, "Each year I send each of my grandchildren a card with a generous check inside. I never hear from them... never receive a thank you message."

Molly replies, "I too, send my grandchildren a very generous check. I hear from them within a week after they receive it. In fact, they each pay me a personal visit."

"Wow! How come?" remarked Dolly.

"Very simple solution... I don't sign the check."

BUS OR BUSTED?

A woman has a problem with her wardrobe door in the bedroom. Every time a bus passes outside the house, the door of the wardrobe would fall off. She called a repairman to try and fix the problem.

The repairman comes and he sees that indeed the door did fall off every time a bus passed by.

"Okay!" said the repairman, "I'm gong to step inside the wardrobe, you close the door behind me, 'til I see if I can detect what the problem is." And he steps into the wardrobe. The wife closes the door behind him.

At this point the husband suddenly arrives home, and hears his wife in the bedroom talking to somebody. He heads upstairs, hears a man's voice coming from the wardrobe, opens the door and shouts, "What the hell are you doing in there?"

The repairman meekly replies, "Well believe it or not, I'm waiting for a bus!"

OUTBIDDEN

One day a man went to an auction. While there, he bid on a parrot. He really wanted this bird, so he got caught up in the bidding. He kept on bidding, but kept getting outbid, so he bid higher and higher and higher. Finally, after he bid way more than he intended, he won the bid - the parrot was his at last!

As he was paying for the parrot, he said to the Auctioneer, "I sure hope this parrot can talk. I would hate to have paid so much for it, only to find out that he can't talk!"

"Don't worry," said the Auctioneer. "He can talk. Who do you think kept bidding against you?"

MY DAD WOULD SWEAR THEN SAY
"EXCUSE MY FRENCH"

ONE DAY THE TEACHER ASKED IF ANYONE
COULD SPEAK A FOREIGN LANGUAGE AND I
RAISED MY HAND

The Golden Brick Road

How I feel affects other people!!!

~ Sporty King

My biggest challenge is the same reason I'm still in business... I have undeniably strong faith. Firmly believing that NO weapon formed against me shall prosper...

Some things you cannot just SAY. You have to keep checking your "WOW File" and SEE... Then your "To Do" list and LAUGH.



High bars are not always set to be beaten. Sometimes they are there to be targeted or measured.... though not as a means for judgment. You don't have to be as great as Michael Jordan. You have to be willing to work as hard as he did. You don't have to fill anyone else's shoes. You have to be the best at walking in yours.



How I feel affects other people!!!

There are no hard shoes to fill. Just next steps to take.

~ Sporty King

How I feel affects other people!!!

Anyone who tells you what you can't do, is right! You can't do it as long as you keep them in your life...

~ Sporty King

They'll minimize every success, and broadcast each setback. You'll meet a lot of people during your personal and professional growth... Sometimes the sacrifice is in letting certain people go. You can do that.



How I feel affects other people!!!



HELPFUL AFFIRMATION FOR MOVING ON!!!

I've made some good decisions. Getting rid of [person or thing] was one of them. I'm happy to move on. I've made some bad decisions. Getting rid of [person or thing] wasn't one of them. I'm able to move on. I've made some tough decisions. Getting rid of [person or thing] was one I won't regret. I'm still moving on.

~ Sporty King

Thank you FB! I was reminded through a flashback of something I posted in 2014. I see a new appropriateness in it now... as I think about how holidays tend to be when people reevaluate their relationships and lives. Here's the post:

Recovering from hurt, heart ache or disappointment is not easy, and it is a process. Use the same mindset of commitment you used to keep that person on a pedestal, or that habit as a need, to now pace yourself with the patience it'll take to refresh your path. It may not be easy; however, you won't have that hard roadblock in your way anymore. The doubt it/they created in your mind can now be used to anticipate the celebration of the blessing that has been waiting for you to release yourself. You've made, and will continue to make, a lot of decisions in your life. The better you get at appreciating the blessing of trusting yourself to make another one, the better you'll get at appreciating the blessing of trusting yourself to make another one. Letting "yourself" go forward is a beautiful thing. Letting yourself step back every now and then to acknowledge your progress adds a sigh of relief. You'll be alright.

It also means you do not have to stop believing in your greatness, or even in theirs.



Proclaimed lack of concern is not always a statement of disinterest. It can also signal understanding.



You may have been an accident. But now you're part of the plan. We need you to see that.

How I feel affects other people!!!



It is very hard for the people closest to you to believe in your 'greatness' unless they see the greatness in themselves. That does not make them enemies.

~ Sporty King

How I feel affects other people!!!

'Strong,' like wisdom, is in retrospect. Remember to look back and see how you've handled the storms.

~ Sporty King

How I feel affects other people!!!

You should be playing games with yourself! Post signs in your home so you can read them into your spirit. And have fun doing so!!!

~ Sporty King

How I feel affects other people!!!

Someone told me I think too much. Now I have to think about when to stop!!!

~ Sporty King

How I feel affects other people!!!

You can really only measure YOUR accomplishments, because you don't know the sacrifices someone else made to get where they are. The sacrifice determines the quality of the accomplishment

~ Sporty King

How I feel affects other people!!!

Introspection should lead to refocus and re-commitment. Get the inside scoop on how blessed you are!!!

~ Sporty King

How I feel affects other people!!!

I'll try to take a break from blessings so you can get one. Nahhhh... I'll just put in another good word for you!!!

~ Sporty King

How I feel affects other people!!!



The full sentence is, "I don't care to be stressed out about a situation that I have no control over." And it's why the short version is just fine: "I don't care."

~ Sporty King

Our blessings don't take a break. We stop noticing their incremental work. Pray for yourself.

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



FELLAS FOUND AFTER FIFTY

Q: Where can single men over the age of 50 find younger women who are interested in them?

A: Try a bookstore, under Fiction.

Q: What can a man do while his wife is going through menopause?

A: Keep busy. If you're handy with tools, you can finish the basement. When you're done, you will have a place to live.

Q: Someone has told me that menopause is mentioned in the bible... Is that true? Where can it be found?

A: Yes. Matthew 14:92: "And Mary rode Joseph's ass all the way to Egypt..."

Q: How can you increase the heart rate of your over-50 year-old husband?

A: Tell him you're pregnant.

Q: Where should 50-plus year olds look for eye glasses?

A: On their foreheads.

Q: What is the most common remark made by 50-plus year olds when they enter antique stores?

A: "Gosh, I remember these!"

~ Thanks Roberta L/Chicago

13 Beautiful One-liners

1. Give God what's right - not what's left.
2. Man's way leads to a hopeless end - God's way leads to an endless hope.
3. In the sentence of life, the devil may be a comma - but never let him be the period.
4. Don't put a question mark where God puts a period.
5. When praying, don't give God instructions - just report for duty.
6. We don't change God's message - His message changes us.
7. WARNING: Exposure to the Son may prevent burning.
8. Plan ahead - It wasn't raining when Noah built the ark.
9. Worry is the darkroom in which negatives can develop.
10. Most people want to serve God, but only in an advisory position.
11. Read the Bible - It will scare the hell out of you.
12. Exercise daily - walk with the Lord.
13. Never give the devil a ride - he will always want to drive.

~ Thanks Mary H/Chicago

Go with the flow ... and make ripples.
Each of us is a key ingredient in the stew.
The twists & turns you make add the flavor someone needs.

STUDENT WHO OBTAINED 0% ON AN EXAM

- | | |
|--|--|
| Q1. In which battle did Napoleon die? | A) his last battle |
| Q2. Where was the Declaration of Independence signed? | A) at the bottom of the page |
| Q3. River Ravi flows in which State? | A) liquid |
| Q4. What is the main reason for divorce? | A) marriage |
| Q5. What is the main reason for failure? | A) exams |
| Q6. What can you never eat for breakfast? | A) Lunch & dinner |
| Q7. What looks like half an apple? | A) The other half |
| Q8. If you throw a red stone into the blue sea what it will become? | A) I t will simply become wet |
| Q9. How can a man go eight days without sleeping ? | A) No problem, he sleeps at night. |
| Q10. How can you lift an elephant with one hand? | A) You will never find an elephant that has only one hand. |
| Q11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have ? | A) Very large hands |
| Q12. If it took eight men ten hours to build a wall, how long would it take four men to build it? | A) No time at all, the wall is already built. |
| Q13. How can u drop a raw egg onto a concrete floor without cracking it? | A) Any way you want, concrete floors are very hard to crack. |

I would have given him 100%

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

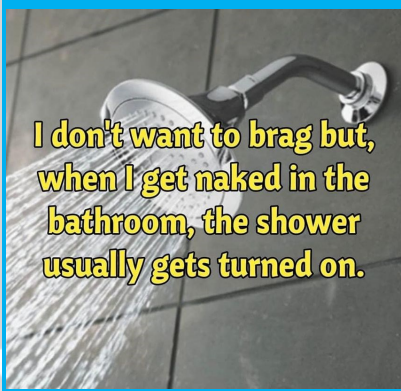
YOU ARE NOT ALONE! EVERYONE'S GOT SOME KIND OF CHALLENGE & VICTORY!

I wonder if the people paying \$300 for a colon cleanse even know about Taco Bell's \$4.99 deal.

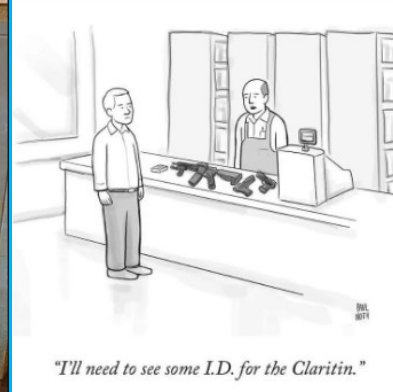
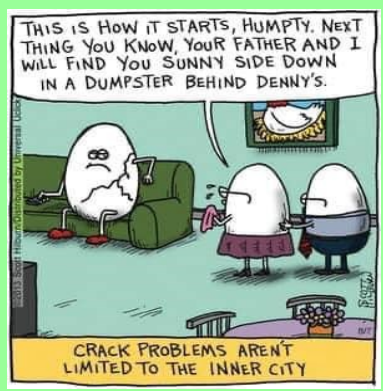
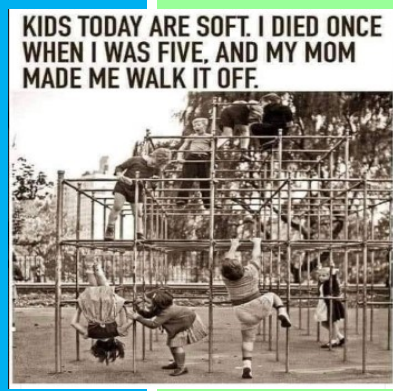
I'm really tired of people who complain about the price of everything...
\$2.00 for a cup of coffee
\$3.00 for coat check
\$4.00 an hour for parking
I'm just going to stop inviting them to my house.



ladjhnsn
I think the proper term for 'senior' women should be: Queen-agers.
That is all. Carry on.

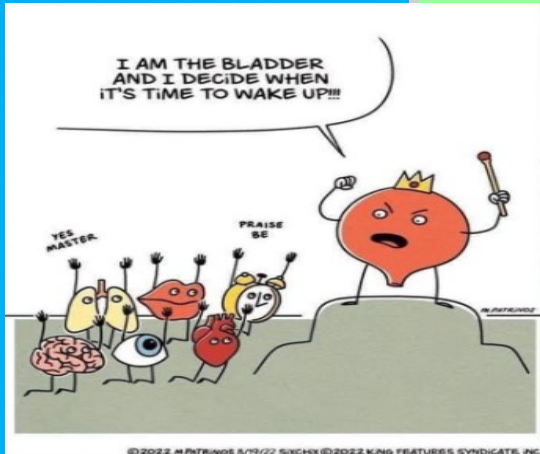


I don't want to brag but, when I get naked in the bathroom, the shower usually gets turned on.



We don't walk away to teach people a lesson.
We walk away because we finally learned ours.

A woman visits her husband in prison. Before leaving, she tells a correction officer: "You shouldn't make my husband work like that. He's exhausted!" The officer laughs and says, "Are you kidding? He just eats and sleeps and stays in his cell!" The wife replies: "He just told me he's been digging a tunnel for months!"



**Teacher: "Whoever answers my next question can go home."
One boy at the back of the class throws his bag out the window.
Teacher: "Who just threw that?"
"Me," replied the boy, "and I'm going home."**

... 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!!!*



Had a ball speaking with Rotary Club of North Mecklenburg County about "How to get an 'F' in Leadership" ... sharing two of my Five Fundamental F's (FOCUS & FAITH). Plenty of FOCUS, FAITH & Quality in this group of members committed to saving lives. Thanks again for enjoying your 'F' as you continue to do 'A' work. And thanks for your FOCUS (Friends Of Cornelius, U.S.).

How I feel affects other people!!!

Do you find yourself bitter because no one understands what you've just gone through?

~ Sporty King

Victor Morris

Nope not anymore.

Michael Loyd Sr.

When we go through one of these crises, if we can learn to get better instead of bitter we can recover from our problem or stressor more quickly.

Jeanine Joy

Not at all. In fact, some of what I've been through has been pretty horrendous, and I don't want anyone, especially people I care about to understand, because for them to understand, would mean that they had to live through it I don't wish bad on others.

You can't really change your future.
Your present moves create what was already going to happen.

Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, at least, it marks the beginning of summer.

**Each year on Memorial Day
a national moment of remembrance
takes place at 3:00 p.m. local time.**

<http://www.history.com/topics/holidays/memorial-day-history>

**As we honor those who lost their lives,
let's ALSO continue to pray for the brave men,
women and their families who continue to serve
and sacrifice with pride.**