



December 2018

# NEWS FROM RICHARD BAILEY

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A huge thank you and Happy Christmas! It is hard to believe that Christmas 2018 is almost here. How the year has flown! I hope you have all had a great year and are looking forward to an extraordinary 2019. I would like to wish everyone a very happy Christmas and healthy New Year. I would also like to thank all my clients for their support during the past year. Many have either sold, bought or referred clients to me and our team, and this is something that I treat very seriously and with high honour. Thanks very much to all and I'll see you in the New Year! - Richard

## New Website Launch [www.richardbailey.com.au](http://www.richardbailey.com.au)

I'm extremely excited to announce that my brand new website, [www.richardbailey.com.au](http://www.richardbailey.com.au), is now live! Much thought and input has gone into creating what I hope to be a useful and informative site that aims to provide the user with up to date topics and interesting articles.

Along with regular updates, you'll also find a little bit about me in my profile video, some historical facts about Invermay and Mowbray, my current and previous newsletters, recently listed and sold properties as well as general contact information.

Please feel free to send me a message – I'd love to get your feedback and thoughts on the website and am open to any 'constructive criticism' or improvements.



## Do You Worry Too Much?

Today's inspiration is an excerpt from Dale Carnegie's book: *How to Stop Worrying and Start Living*.

It is a personal story of how Reverend William Wood stopped his habit of worrying after getting an 'aha moment' from watching his wife wash the dishes...

"A few years ago, I was suffering intensely from stomach pains. I would awaken 2-3 times each night, unable to sleep because of these terrific pains. I went to a clinic for an examination and the doctor said my pains were caused by emotional strains. I was working under constant pressure. I could never relax. I was always tense, hurried, and high-strung. I got to the point where I worried about everything. I was in such pain that I gladly acted on the doctor's advice and began trying to slow down.

One day while wiping the dishes as my wife washed them, I got an idea. My wife was singing as she washed the dishes, and I said to myself, 'Look how happy your wife is. We have been married 18 years, and she has been washing dishes all that time. Suppose when we got married she had looked ahead and seen all the dishes she would have to wash during those 18 years that stretched ahead. That pile of dirty dishes would be bigger than a barn. The very thought of it would have appalled any woman.' Then I said to myself, 'The reason why my wife doesn't mind washing the dishes is because she washes only one day's dishes at a time.'

I saw what my trouble was. I was trying to wash today's dishes and yesterday's dishes and dishes that weren't even dirty yet. I saw how foolish I was acting. I was standing in the pulpit on Sunday mornings telling other people how to live, yet I myself was leading a tense, worried, hurried existence. I felt ashamed of myself.

Worries don't bother me anymore. No more stomach pain. No more insomnia. I now crumple up yesterday's anxieties and toss them into the wastebasket, and I have ceased trying to wash tomorrow's dirty dishes today."

Remember, worrying about things you cannot control doesn't change the future, it just robs you of today's joy.





## A Favourite Recipe

### Meatballs and Zucchini Noodles ("Zoodles")

**PREPARATION TIME:** 5 minutes  
**COOK TIME:** 10 minutes / **SERVES:** 4

#### INGREDIENTS:

- 500g lean beef mince
- 1 small brown onion, finely diced
- ¼ cup basil leaves, finely chopped plus extra small leaves, to serve,
- 1 tbsp olive oil
- 400g quality napolitana pasta sauce
- 3 medium zucchini, spiralised into zoodles
- ¼ cup shaved or finely grated parmesan
- Baby rocket salad and lemon wedges, to serve

#### METHOD:

1. In a large bowl combine the mince, onion and chopped basil. Season and roll into heaped tablespoon sized meatballs (makes approximately 20 balls).
2. In a large non-stick frying pan, heat the oil over medium-high heat. Cook the meatballs for 6 to 7 minutes, browning on all sides.
3. Add the pasta sauce and simmer for 2 to 3 minutes, or until slightly reduced and heated through.
4. Add the zoodles, and toss to coat.
5. Place meatballs and zoodles into bowls, top with parmesan and basil leaves and serve with baby rocket and lemon wedges, if desired.

#### TIP:

You will need a vegetable spiraliser for this recipe – alternatively you can use a vegetable peeler and cut the strips with a knife into "zoodles".

## Indicative Home Loan Repayments



AMOUNT	3.69%	3.90%	3.99%	4.25%	4.54%	4.74%	4.94%	5.14%
\$150,000	\$159	\$163	\$165	\$170	\$176	\$180	\$185	\$189
\$200,000	\$212	\$218	\$220	\$227	\$235	\$240	\$246	\$252
\$250,000	\$265	\$272	\$275	\$284	\$294	\$301	\$308	\$315
\$300,000	\$318	\$327	\$330	\$341	\$352	\$361	\$369	\$378
\$400,000	\$424	\$435	\$440	\$454	\$470	\$481	\$492	\$503
\$500,000	\$530	\$544	\$550	\$568	\$587	\$601	\$615	\$629
\$750,000	\$769	\$816	\$825	\$851	\$881	\$902	\$923	\$944
\$1,000,000	\$1061	\$1088	\$1100	\$1135	\$1175	\$1202	\$1230	\$1259

NOTE: Weekly repayments based on principal and interest over a 30 year loan, repayments are an indication only and are subject to lender's acceptance and conditions. Please visit [www.uploans.com.au](http://www.uploans.com.au) for further information.

\*\*Please note: If you prefer not to receive future editions of this newsletter, please let me know. No offence taken!

## Some Northern Suburbs Stats

These figures are sales from the last 6 months that have settled and gone to the Valuer Generals Department.

#### INVERMAY

38 sales for an average of \$296,448.  
 High \$460,000 / Low \$175,000

#### MOWBRAY

39 sales for an average of \$237,293.  
 High \$350,000 / Low \$140,000

#### NEWNHAM

74 sales for an average \$277,518.  
 High \$1,100,000 / Low \$124,000

#### MAYFIELD

15 sales for an average \$169,800.  
 High \$217,500 / Low \$140,000

## My Book Recommendation

### "Legacy" by James Kerr

This #1 best-seller takes a look at the world's most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful lessons for leadership and business. Take it from me, this book is both intelligent and insightful; if you only read one book on leadership in your lifetime, make it this one!



*We learn as we go.*

*"If we stop going, we stop learning...  
 and if we're not willing to keep learning,  
 we should probably stop going."*

*-Seth Godin*



INVERMAY REAL ESTATE

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