

GOOD LIFE

Newsletter 01/31/2014
Volume 1 Issue 1

Bart Vickrey & Co Real Estate, 456 Morthland Drive, Valparaiso, IN 46383
www.BartSellsHouses.com, bart@bartsellshouses.com, 219-531-1111

Why A Newsletter?

By Bart Vickrey

INSIDE THIS ISSUE

- 1 WHY???
- 2 10 Commandments to live by
- 3 Family Favorite Recipe
- 4 January FEATURED Listings

“You will probably wonder out loud how I have the guts to tell such personal stories.”

Thank you for taking the time to read this newsletter!

I wanted to share with you “why a newsletter?”

As I get older (42 as of this article) my thoughts become deeper. Mortality enters my mind from time to time. Old wives tales gain more credibility. Revelations about what is truly important in our lives begins to present credible cases within our thoughts.

For me, I’ve become clear on two things: I am steadfastly in the “pursuit” of freedom and happiness, pursuit being the operative and sometimes frustrating word.

This newsletter provides an opportunity of fulfillment for me. Fulfillment being a powerful path to happiness.

Recently I asked myself (not out loud)... what would I do for a living... if I could do anything? The answer was a revelation!

Read and write. Read and write? What the hell are you talking about (I said to myself)?

Well, I love to read... and I have developed some interesting thoughts and opinions over the years that I’d like to share. I’ve also made countless mistakes, errors, and have some regrets I’d like to get off my chest.

My articles will be truthful, thoughtful (hopefully), and in no way politically correct (a term that is ridiculous and against everything I believe in).

In being honest I will be sharing stories that will make you cringe, laugh, cry, and curse. My articles will cover many topics... health, wealth, happiness, marriage, society, politics, religion, education... on and on. By no means do I think of myself as an expert on any of these topics. But my opinions will be entertaining!

You will wonder out loud how I have the guts to tell such personal stories. And the answer is... it’s what is needed more in, and from, all of us!

I will tell you about “DP” my Dark Passenger. He lives within me and I believe exists to protect me. But I’m on to him... he can be thoughtless, cruel, and unemotional. In my journey of self-discovery, I believe DP was born during my early childhood.

My parents divorced when I was young (9 years old). They were on again, off again for several years leading up to the divorce... so I do not have any clear memory of my Dad living with us.

DP has many positive attributes I am learning to harness. He pushes me to be the best I can be in business. He gets me out on the dance floor at parties. And I truly believe he has my best interests in mind... he just has a sometimes destructive way about him.

Please see [Why A Newsletter?](#) on page 3

TEN Commandments WE Live BY

Over the past 15+ years I have spent close to **\$100,000** in my pursuit of the success and happiness formula. I've also done what most people do not... I have applied the knowledge that I've learned and in doing so, have created a *pretty awesome life!*

Below you will find the "10 Commandments" that Stacey and I created. If you do nothing else but be **mindful** of the Commandments... your life will be better forever.

Please take time to read each Commandment and really think about how to apply it to your life.

To really help yourself be Mindful of the list... make a **copy** of the list, **lamine it**, and put it in a place that you can **review it every single day!**

By Bart & Stacey Vickrey

- 1 **Be Fearless:** ...Not Reckless...**FEARLESS**. Most people go through their entire lives tethered to mediocrity. And the #1 reason is fear. Fear of the unknown and the fear of failure. Everything great happens beyond fear!
- 2 **Have Purpose:** One of the keys to happiness in life is to feel we have purpose. The definition of this commandment will be two-fold. We will explain the importance of living **with purpose** and living **on purpose**.
- 3 **Set Goals:** This is the absolute sure fire way to success in life, business, relationships, etc. Set written, time sensitive, measurable goals... and then align yourself with your goals.
- 4 **Give Back:** Pay it Forward: Do something nice for someone every single day. Donate your time and or money to worthy causes. Help someone see the **bright side of things**. Share the Commandments with everyone.
- 5 **Be Grateful:** In order to live your best life, you must learn to first be **thankful** and **grateful** for everything you already have. Make a point each day to recognize how lucky you are, the blessings you have, remind yourself and your family, children, spouse.
- 6 **Debt Free:** I know this is un-American... but becoming & living debt free is the key to wealth and happiness. First 2 debts to eliminate: **Credit Cards** and **Car Payments**. We have a detailed step by step process for eliminating debt... and remaining Debt Free.
- 7 **Eat right... most of the time:** Over 60% of Americans are overweight! 35% are obese. The reason... Americans eat **Wrong** most of the time! Learn to eat right, and do it... most of the time. We have a simple step by step process for getting in the best shape of your life.
- 8 **Better Choices... Win the Day!:** The difference between success and failure is **Choices**. Where you are today is the result of the choices you've made in the past. We all know the difference between right and wrong and good and bad. Decide **consciously** to make more good choices each day... to Win the Day... then the Week... then the Month, the Year, and the Life.
- 9 **Positive Mind:** Remember this **I x F = R** (information x focus = reality). Garbage in Garbage out. Stand guard at the doors to your mind. Develop a **positive Mindset**. Eliminate limiting beliefs and be very careful who you are associating with. You cannot soar with the Eagles if you are scratching with the Turkeys!
- 10 **Keep Moving:** Move your body and your mind every day! Exercise is key to health and essential for your body. Read something! Most people only read 5 non-school related books in their lifetime! Make it a goal to read **10 pages a day** of a good book. That equates to **12 books a year!**

Why A Newsletter? from page 1

I'll share with you the rest of this story... "so we're lying in bed in our suite at the Excellence Playa Mujeres Resort in Mexico, the date is December 8 2012... the time is 1:15am. Stacey (my wife) turns to me, her eyes filled with tears, and says... maybe we should get a divorce...

To be continued...

You will enjoy, or be sickened beyond belief, at my answer to the "war on poverty". So we arrive at every trailer park and ghetto... armed with a truck full of cash, cases of beer, and bags of weed, and an army of doctors... all ready to begin the voluntary sterilization...

My friend Chuck calls it the Neuter Scooter.

To be continued...

I have many stories, opinions, and musings to share. Please enjoy.

So, Bart... how does writing this newsletter have anything to do with you making a living reading and writing?

As I mentioned before, this will be written honestly and transparently. This newsletter will create a bond between us. You will get to know me (even if you think you already do), you will get to like me, and on occasion, you will agree with one of my wild opinions...and in doing so, when the time comes for you to buy or sell a home... you will call me and my Expert team of Real Estate Advisors.

Thank you for reading! Enjoy.

TRIVIA QUESTION

Who is famous for this quote,
"Winning isn't everything, it's the ONLY thing".

The first person to email me at bart@bartsellshouses.com, will receive a \$20 Gift Card to Starbucks or Family Express!

Easy Pork Chops

By Stacey Vickrey

4-6 Boneless Center Cut Pork Chops

1 Tbls. Butter

1 Tbls. Olive Oil

Salt & Pepper

Garlic Powder

2 Tbls. Worcestershire Sauce

1 Can Cream of Mushroom Soup



- Start by seasoning each side of the pork chops with salt, pepper, and garlic powder.
- Brown pork chops in the butter and olive oil on both sides.
- Mix soup, one can of water and Worcestershire Sauce together. Pour over the pork chops once both sides are browned. Add a bay leaf.
- Put a lid on the skillet and simmer for 1 hour, or until the pork chops are tender.

Featured Listings this Month



9422 Buchanan Street, Crown Point, \$159,900

24 Hr. Recorded Information call 800-424-9367,X2601

- *Completely Remodeled
- *3 bed, 2 bath, 1680 square feet
- *Huge fenced yard
- *New EVERYTHING!



11968 W. Meadowbrook, Westville, \$279,900

24 Hr. Recorded Information call 800-424-9367,X1701

- *Open Concept with Split Floor Plan
- *3 bed, 2.5 bath, 2100 square feet
- *Kitchen, granite counters, custom cabinetry, stainless
- *Beautiful lit landscaping



7409 Cedar Creek Circle, Portage, \$209,900

24 Hr. Recorded Information call 800-424-9367,X1301

- *5 bed, 3 bath, 2552 square feet
- *New Construction, Portage's newest subdivision
- *Too many upgrades to list!
- *Stainless in kitchen, Rain Shower Head in Master bath!



11 Kipling Drive, Valparaiso, \$319,900

*Timberland Estates - The Meadowbrooke

- *3 bed, 2 bath, 1820 square feet
- *Maple cabinets, granite counters in kitchen
- *Huge walk-in closet in master
- *Includes a full landscaping package



11068 Oregon Lane, Crown Point, \$669,000

24 Hr. Recorded Information call 800-424-9367,X1201

- *7 bed, 5 bath, 5538 square feet
- *2 story great room w/ hardwood floors and fireplace
- *3.5 car garage
- *Heated in-ground pool



486 Wexford, Valparaiso, \$749,900

- *4 bed, 3.5 bath, 5834 square feet
- *Sprawling lakefront ranch, shows better than new
- *Spectacular views of Lake Louis & over acre of landscape
- *Wet bar w/ built-in wine cooler & FP in LR great for Entertaining