

Hi

Welcome to High Ideals Member News.

## from the desk of Karina Butera Managing Director...



Here in Melbourne we've been enjoying one of the most festive weeks of the year: Spring Carnival. Regardless of whether you are into horse racing; we all look forward to Cup Week, for two reasons. The first is that it signals the start of summer and BBQ season - a time when as our clothes get lighter, so do our spirits and most people find their energy levels soar with the longer days and warmer temperatures. The second reason is because of the festivities - whether you don the hat and heels (or suit and cravat) and schmooze it up in a corporate marquee, or slip on the thongs and baseball hat and hang with your mates around the barbeque, it is a time for gathering, forgetting the stresses of life and welcoming the summer.

I truly believe that 'gathering' is not simply something we do as a leisure pastime; it is an essential ingredient of functioning well psychologically, emotionally and socially. Moreover, it is an important part of any community, organisation or society. In our computer age I wonder if this basic human and societal need is starting to be starved as more and more of our daily activity is able to be conducted in virtual space. So my challenge to all High Ideals members this week is to review your current level of human connection? How often do you put yourself in a position to spend time in the company of those who share your values? How often do you take yourself out of your comfort zone and into situations where you will meet total strangers? How often do you seek out places and people who will provide you with a different perspective or insight to that which you commonly encounter? If you feel it is not enough, what can you do to broaden your reach? I encourage you to look at ways to integrate 'gathering' into your workplace culture and enjoy the healthy 'triple bottom line' that results.

And of course this neatly leads me to reminding you about the High Ideals gatherings that are yours to attend as part of your membership entitlement. Please note the dates in your diary and make a commitment to yourself to attend the next one in your region. If you are in an area that, as yet, does not have enough members to warrant a gathering, start seeking out like-minded people and encourage them to join our community so we can start events in your region.

You'll note in this newsletter we have introduced yet another special feature: Resources Review. We have many excellent templates, information sheets and articles loaded on our 'members only' section of our website for your convenience. From this issue onwards, we will showcase a different document for you, so that you can become familiar with the help we are placing at your finger tips. Why not jump on the website now and peruse the range available [\[click here\]](#).

I trust your 'carny week' was no more 'SHOCKING' than some of the hem-lengths on the two legged fillies (groan!!) and that the season ahead is full of bright opportunities for you to gather with like-minded people!

Best regards  
Karina

## spotlight on values... by Mags Bell

This months value is Honesty.

Now here's the biggie... honesty, what do you believe it to be for you?

Maybe when we first think of the word honesty, we think of staying true, not telling lies, integrity or maybe you have your own take on honesty. You see that is part of the problem... we all have our own interpretations of honesty.

Yeah, sure we all understand right and wrong and we all understand honesty and lying on a very simple level. On the purest and simplest level, honesty is not lying,

## new member update...

A reminder that we have a few spaces left for our Leap of Faith offer available to the first 50 membership applications received. If you know of someone who embodies the values of High Ideals direct them to the High Ideals website.

## events on the horizon...

**Thursday, November 12th Melbourne** gathering.  
Club Ringwood, 523 Maroondah Highway, (Cnr Oban Road) Ringwood.

From 6.30pm til 9pm.

Guests welcome!  
Email [info@high-ideals.com](mailto:info@high-ideals.com) to register.

**NOTE:** The High Ideals **Christmas** event in Melbourne will be held on **Friday 18th December** at Club Ringwood.

In Sydney, the **Christmas** event will be held on **Thursday 17th December** at Pazzo Restaurant, Surry Hills.

This a sit down, 3 course dinner. Price for members is \$50 and non-members is \$75.

If you haven't already, a reminder to RSVP to your invitation by Friday, 4th December.

## forthcoming dates for High Ideals gatherings...

**Melbourne:**  
12th November 2009  
4th February 2010  
4th March 2010  
8th April 2010  
13th May 2010  
10th June 2010

**Sydney:**  
11th February 2010  
25th March 2010  
6th May 2010  
17th June 2010

## resources review...

This weeks document is the Management Competency Awareness and Performance Wheel. This document will help you understand and evaluate your management competencies and identify opportunities to develop broader impact. [click here](#)  
**be inspired...**

If you've been told you "can't", check out this link to see how others have defied this label.

<http://www.youtube.com/watch?v=KtM4hTvXcPY>

If you have anything inspiring or useful that you would like to share with your fellow members, please contact Julie at [julie.saunders@high-ideals.com](mailto:julie.saunders@high-ideals.com).

cheating or stealing!

We at High Ideals do our very best to hold true to those ideals, as Sharon so wonderfully put it in the last edition of our newsletter.

However let's look at a specific scenario that complicates the simplistic view of honesty:

You are talking to a work colleague and the conversation gets round to one of the other people you work with and how they haven't been pulling their weight in the work stakes over the past few weeks. Just at that moment the other person walks in and says "are you two talking about me?".

What do you do?

Be truthful and say yes, or lie and make up something on the spot?

In this scenario it's not that simple because we have others peoples' feelings and emotions to deal with. This is where the simple word honesty, becomes complex. Whatever you answered will be based on your past experiences of honesty.

An important aspect about honesty is where is it coming from? Because being honest is a moral dilemma, start with the other person in mind. Make them the centre of your decision making process, not you!

Think about the consequences of your honesty on others and only then the consequences on you. Normally the consequences on others are greater.

When we are honest with ourselves over the real reasons for our actions and behaviours, then we can be completely satisfied that we have made the best decisions for everyone concerned.

One of the easiest ways of working out what works best for you is to just **stop and think, see or feel**, the times that we judge what we deem dishonesty and check that we know all the facts and understand all points of view, checking in on where our own feelings are coming from. At this point we can truly and honestly have our own thoughts and opinions on the situations or behaviours, however others may agree with us or disagree; that will all depend on their own life experiences!

Stay true, Stay you!  
Mags Bell

## making a global & environmental impact... a note from our GE&I Manager, Gary Scholz

Hi everyone.

For those that live in Melbourne there is an interesting discussion being held by 'Future Leaders' on the 17<sup>th</sup> of November. "What will we leave behind? Sustainable living now and forever". The speakers will discuss economic, social, cultural and environmental developments for present generations whilst securing and strengthening the life chances of future generations. You can find more information on their web site <http://www.futureleaders.com.au/> under 'discussions'.

The United Nation Climate Change conference will be held at Copenhagen from the 7<sup>th</sup> of December to the 20<sup>th</sup> of December. These talks will be significant and one where I hope we can finally come together and walk away with real solutions to our real problems. Africa has boycotted the meetings, saying that industrial countries had set carbon-cutting targets too low for reducing global greenhouse gas emissions. German chancellor Angela Merkel received standing ovations during her address to the US Congress on Tuesday. However, many Republican lawmakers remained seated when she mentioned the deal to combat global warming. To read more about this go to <http://en.cop15.dk/news/view+news?newsid=2504> and <http://en.cop15.dk/>

The Global Climate Action Day organised by 350.org on Saturday the 24<sup>th</sup> of October was massive.

Global unity like never experienced before was seen when millions of people across the world united to call for strong action and bold leadership on the climate crisis to get us back to 350 parts per million (ppm) CO<sub>2</sub> in the atmosphere. 350ppm is the safe upper limit of CO<sub>2</sub> concentration but we are already far past it at 390ppm and

## notable special offers...

If you are a promotional member who would like to offer your services at reduced rates or special value to members, please make sure you enter your special offer details on your home page log-in. If you would like to see what special offers currently are available to High Ideals Members, don't forget to check out all the special offers.

rising steadily. 181 countries, over 5200 events and over 19000 photo's! Check out the photos at <http://www.flickr.com/photos/350org/sets/>

Keep checking our resource section on our website, Julie is uploading interesting links on a fortnightly basis.

Quote for this week, "When the winds of change blow, some people build walls and others build windmills".

Cheers  
Gary

## **member spotlight...** **by Linda Spinnato**

Hello everyone!

Having had the opportunity to attend three gatherings for High Ideals it seems only fitting for me to share my experience of connectworking the High Ideals way. Each gathering has been very special. To be around like-minded people, to listen to each story and to learn from one another is a real privilege and such an encouraging experience.

Our last gathering in Sydney at the White Horse Hotel was another great event. Not only was the night wonderful, but the following morning I was fortunate enough to have the opportunity to gather for breakfast with Karina Butera, Julie Saunders and Carol McGowan, three members of the High Ideals Management Team. Here many stories were shared with tears and laughter. After breakfast we went for a most enjoyable walk through Hyde Park. It was during this time our senses were awakened as we took in the magnificent morning being engulfed by the surrounding beauty and being in the presence of like-minded people. As we literally took time to smell the roses, I was reminded that these simple pleasures are some of the best things life has to offer.

Through taking the time to attend the High Ideals gatherings, I gain so much. This reminds me of the adage that 'actions speak louder than words'. We can read all about operating with high ideals and learn something, however when we meet face to face with those who live this way of life, we learn so much more than we can imagine.

Being a nurse for over thirty years specializing in palliative care and now drug health - a profession where the harsh realities of life are hard to avoid - I strive to live with positivity. The High Ideals criteria for positivity includes warmth, optimism, valuing people for who they are regardless of what they can offer, celebrating diversity by encouraging others to be who they are and live the lives that are right for them without judgment and being generous for no other reason other than the joy of giving. In reflection, this speaks to me of hospitality through loving service, something I strive to do in my own work and I receive consistently from those I've come to know through High Ideals. This is demonstrated by the way members act at gatherings, showing positive regard through being interested and appreciative towards each other, ensuring we are all included in conversations, discussions and enabling us to always feel involved. I have felt other's empathy as they have listened to my story, stepping into my shoes as a way to try and understand a different perspective. The time spent at the gatherings is not only educational and interesting, but thoroughly enjoyable because of the lightness of spirit and wonderful sense of humour the people I've met seem to have.

An area of growth for me has been in exploring integrity. The High Ideals criteria for integrity speaks about such things as responsiveness, accountability, reliability, honesty, respect, loyalty and being equality-focused. I have learnt much through the High Ideals team on how to consistently demonstrate these values in our everyday activities and interactions, and I trust I am having a broader positive impact because of the diligence I am putting hand in hand with my expression of positivity.

Since as far back as I can remember I have valued positive feedback believing I have much to learn. I am grateful for the opportunity, through my High Ideals membership, of keeping on the learner's path so as to grow to my full potential and hopefully bring others with me. Thank you to all those members who have been instrumental along the journey enabling me to hone and refine my ability to demonstrate the High Ideals values on a consistent basis.

If you have not yet been to a gathering, I would encourage you to take those few precious hours for yourself and join us at the next opportunity. It's like catching up with old friends in an atmosphere of love, fun and a sense of belonging, as if at home. I look forward to meeting you face to face then.

With love and blessings

With love and blessings  
Linda

**altruism awareness...**  
**by Karina Butera**

Unfortunately we don't have anybody to showcase to you for this edition. If you know of somebody who role models High Ideals values in their altruistic work, please pass on their information to Julie.

