

Hi

Welcome to High Ideals Member News.

from the desk of Julie Saunders National Membership Manager...

I'd love to share with you a wonderful email that I received last week which made me sit back and reflect and of course smile and laugh. The days when we were growing up - how simple things were and looking back how beautiful too. We got up to so much mischief, got dirty, didn't have a care in the world - to me it was perfect.

A close friend of mine also received the email and he asked a most important question to which I don't have the answer. Why did things change, what happened, why are things not like that today? If we stop and think I'm sure we could come up with a hundred answers, but which would truly be the right one? Could it be the vast changes in technology, influences through the various media channels, the change in values of society, the incredibly fast paced life of today...?

I along with others have seen people let go of what's important to them and 'join the crowd' knowing full well that it isn't congruent with their value system which is truly very sad.

We can today reflect back on those 'good old days' when life travelled along at a much more civil pace. You knew you're local Supermarket Manager, the Bank Manager, the Baker and the list goes on. Today, do you know your Bank Manager, Supermarket Manager or your local Baker? I mean, really know them well enough to have a friendly conversation with like we could back then? Even the people you didn't know that you passed on the street were friendly and if need, approachable. I personally find that's not the case today. Those people are such rare gems. I hope that as a member of High Ideals, as you read this, you can find some way, no matter how small, to bring back some of those great values, and I was going to say 'old fashioned' but they need not be.

I've kept that email and it will be one I go back to often to read through and for me, help to put things in to perspective when I get caught up in the fast paced time we live in. What's important to you? Who is important to you? What do you really value? Are you happy? Below is that email. I hope you enjoy the read.

**CONGRATULATIONS TO ALL MY FRIENDS WHO WERE BORN IN THE 1930's
1940's, 50's, 60's and early 70's!**

First, we survived being born to mothers who smoked and/or drank while they carried us and lived in houses made of asbestos.

They took aspirin, ate blue cheese, raw egg products, loads of bacon and processed meat, tuna from a can, and didn't get tested for diabetes or cervical cancer.

Then after that trauma, our baby cots were covered with 20 bright coloured lead-based paints.

We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets or shoes, not to mention, the risk s we took hitchhiking.

As children, we would ride in cars with no seat belts or air bags.

We drank water from the garden hose and NOT from a bottle.

Take away food was limited to fish and chips, no pizza shops, McDonalds, KFC, Subway or Nandos.

Even though all the shops closed at 6.00pm and didn't open on the weekends, somehow we didn't starve to death!

We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.

We could collect old drink bottles and cash them in at the corner store and buy Toffees, Gobstoppers, Bubble Gum and some bangers to blow up frogs with. We ate cupcakes, white bread and real butter and drank soft drinks with sugar in them, but we weren't overweight because.....

WE WERE ALWAYS OUTSIDE PLAYING!!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

No one was able to reach us all day. And we were OK.

We would spend hours building our go-carts out of old prams; and then ride down

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.

forthcoming dates for High Ideals gatherings...

Melbourne:

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...

Our behaviours, actions and choices are driven by what we're moving toward in our life or away from, or in a particular situation the feeling we want to have or don't want to have.

This document helps you understand the difference between 'moving towards' and 'moving away' and the implications this can have for your life and the actions and choices you make. [Click here to read more.](#)

be inspired...

A short but very sweet clip about Empathy.

<http://www.youtube.com/watch?v=yOjL6baOwu0>

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.

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.

the hill, only to find out we forgot the brakes. We built tree houses and dens and played in river beds with matchbox cars.

We did not have Playstations, Nintendo Wii , X-boxes, no video games at all, no 999 channels on SKY, no video/DVD films, no mobile phones, no personal computers, no Internet or Internet chat rooms.....WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no Lawsuits from these accidents.

We ate worms and mud pies made from dirt, and the worms did not live in us forever.

You could only buy Easter Eggs and Hot Cross Buns at Easter time...

We were given air guns and catapults for our 10th birthdays. We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them!

Mum didn't have to go to work to help dad make ends meet!

RUGBY and CRICKET had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!! Getting into the team was based on MERIT.

Our teachers used to hit us with canes and gym shoes and bully's always ruled the playground at school.

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

Our parents didn't invent silly names for their kids like 'Kiora' and 'Blade' and 'Ridge' and 'Vanilla'.

We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL! And YOU are one of them! CONGRATULATIONS!

What ever you do I hope you all have a wonderful weekend.

Julie Saunders
National Membership Manager &
Administration Manager/Events Coordinator - High Ideals

spotlight on values... by Carol McGowan

This month's value is Empathy. To explain it I would like to do something a little different. I am going to compare empathy to sympathy. They are often confused terms. This distinction has been sourced from http://www.diffen.com/difference/Empathy_vs_Sympathy

Empathy Vs Sympathy

	Empathy	Sympathy
Example:	I can empathise with how aggrieved you must be at the loss of your beloved.	I offer my sympathy at the loss of your loved one.
Definition:	The ability to co-experience and relate to the thoughts, emotions, or experience of another without them being communicated directly by the individual	The ability to understand and support to the emotional situation or experience of another being with compassion and sensitivity
Emotion:	Close bonded relationships	Care, Protection
Relationship:	Friends, Family, Community	Poor and less fortunate
Relative to:	Caring, Personal Growth	Wisdom, Charity

Empathy and Sympathy are relationships based on Shared Emotions and Understanding. Empathy is understood as the ability to mutually experience the thoughts, emotions and direct experience of others without them being directly communicated intentionally.

Sympathy is a feeling of care and understanding for suffering beings.

Both have similar usage but differ in their emotional beings.

Empathy develops into an unspoken understanding and mutual decision making that is unquestioned, and forms the basis of tribal community. Sympathy may be positive or negative, in the sense that it attracts a perceived quality to a perceived self identity, or it gives love and assistance to the unfortunate and needy. One feels empathy when one has "been there" and sympathy when one hasn't.

If you would like to know more about the differences you can go to http://www.diffen.com/difference/Empathy_vs_Sympathy for more details.

You may not agree with all the sentiments expressed here. How did you perceive the differences? What do you agree/disagree with? What do you find challenging? Does understanding this distinction consider you to change any of your actions? If so what steps are you prepared to take in relation to that?

I trust you find this a thought provoking review and that it helps you to more clearly understand the distinctions between empathy and sympathy. How will you now apply this new understanding in your everyday life?

Very best wishes to you all

Carol McGowan
Quality Assurance Manager - High Ideals

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

Hi everyone.

A colleague sent me something exciting, it's something that makes me smile and feel good reading about people who come together to make a difference, they are the movers and shakers of our world. These people through their tenacity and ability to carry out a vision really excite me and gives hope that we are moving in a positive direction.

I feel it's a sign of the times as we seek out sustainable ways of living.

It's an exciting new Eco-Village development near Port Macquarie. I don't know too much about it, however it sounds very positive.

Check out all the details on the link below.

http://clicks.aweber.com/v/ct/?l=BHNil&m=1efliqChqOAjeT&b=eaLUj.SkTWOpSlavsym_GQ

I often wonder how our suburbs would be if we built our homes under the earth. The mean temperature of the earth would give way to having to heat and cool, decreasing a massive amount of pollution from coal fired power stations and potentially safer when a fire rages overhead. I'm wondering, is this an answer to many of our problems and are the benefits worth considering? Do we continue to build above the ground in our ever increasing need to build more homes or do we stop and think seriously about the benefits of building below?

What has stopped us in the past from doing this?

With an opportunity to rebuild communities such as Marysville in Victoria which were devastated by last year's fires, are we at a time when we need to think harder and smarter about how and where we build our homes rather than re build only to suffer the same tragedy again and again. Record temperatures, predictions of warmer weather, increase fire risks are a good reason to look into simple ideas like this.

As always feel free to share your comments with me and other members in our next newsletter or contact me through my email address at gary.scholz@high-ideals.com.

I thought this Greek Proverb from our last newsletter says it all again.

"A society grows great when old men plant trees whose shade they know they shall never sit in."

Cheers
Gary

member spotlight...

Unfortunately this week we do not have a contribution for this section. If any members would like to write a piece for this section, please contact Julie at julie@high-ideals.com

julie.saunders@high-ideals.com.

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

Rather than bringing your attention to a particular person doing good things within the High Ideals value range this week, I decided to highlight a great idea that you might want to think about to help support struggling communities. With the festive season fast approaching, many of you might be wondering what to give those in your 'gift list' who want for nothing and literally 'have it all'. How about give them the gift of giving?

Many charitable organisations now have gift programs, whereby you can select a gift for a community to give on behalf of someone on your own festive season gift list. You can buy everything from books and vaccinations to fish farms and water purifiers. You can buy the gift by what ever variable you wish: gender, region, problem etc. Most of these organisations post you the cards so you can then forward them to the person you gave on behalf of as evidence of your charitable contribution on their behalf.

Here are some websites you might like to check out:

<http://www.caregifts.org.au/home.asp>

<http://trans.worldvision.com.au/Smiles/GiftCatalogue/Default.aspx>

<http://www.plan.org.au/gifts>

Or if you haven't already bought your Christmas cards or corporate gifts this year (if this is a tradition you practice), you may want to buy them through a caring organisation. Check out, for example:

<http://www.unicef.org.au/Unicef/CardsandGifts/tabid/199/Default.aspx>

<https://www.lighthousefoundation.org.au/involved/cid/28/parent/0/t/involved/l/layout>

http://www.salvationarmy.org.au/SALV/LANDING/PC_60186.html

Or you may just like to buy gifts, such as CDs, for those you love that they will enjoy, but a large portion of the price will go to help others. Music lovers may enjoy:

http://www.salvationarmy.org.au/SALV/LANDING/PC_60195.html

Whereas, those who just want a good laugh may enjoy:

<http://www.fox.com.au/shows/mattandjo/galleries/gotcha-cd-09>

<http://www.comedyrelief.org/index.html>

If you're going to spend the money anyway, why not consider how you might double the impact by shopping through a charity-supporting cause?

