



# Laughter Clubs Victoria Inc Newsletter

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## LAUGHTER CLUB = WINTER WARMER

Coming together in a park on a morning that needs a jacket, scarf and gloves is a great way to start a Saturday for a number of Laughter Clubs that meet on a Saturday morning. Five to ten minutes before starting time (Bendigo is the earliest at 8:30am, Hampton at 9:00am, Geelong at 9:30am, St Kilda and Eaglehawk at 10:00am and South Yarra 10:30am) members arrive ready to share the next thirty minutes laughing. These are the days Laughter Leaders and members suggest 'warming' laughs – walking on hot coals, soup was too hot, penguin huddle, pogo stick jumping, backing up to a log fire and running away when you are 'cooked' or dancing/laughing to the toreador song – the Cats (Geelong Football Club) theme song [Ed. Note. Guess what team I barrack for?] At the end of the session when coffee and a chat is next on the agenda everyone is warm as toast!

## CLUB NEWS

### Moonee Ponds:

\*\*\*\*\*Friday 11 July at 6:30pm tune in to the ABC TV show 'Can we help you?'\*\*\*\*\*  
Laughter Club Moonee Ponds feature in the segment. It can also be viewed on ABC2 on Monday at 5:30pm

### Surrey Hills



Congratulations to Ron who turned 90 on 19 May. Laughter Leader Phil tells us Ron is a regular at their weekly Wednesday session at 8:30am

Ed Note: Pictures of club birthdays or special events at clubs will be published from time to time as space permits

### Hampton

Laughter Club Hampton will celebrate their 6<sup>th</sup> birthday on Saturday 12 July at Beach Road Hampton, Opposite Small Street, Melways Ref 76 E6. Everybody is invited to join in the laughter session commencing at 9:00am followed by coffee and a chat at a nearby Restaurant. Enquiries: 9589 7061.

### Mildura

Thank you to Trisha for leading the club, which is now in recess while we wait for someone who is trained come forward and lead it. Interested? Call 5221 4266 or email [info@laughterclubsvic.org](mailto:info@laughterclubsvic.org)

### Ballarat – \*\*\* Change of time and day\*\*\*

9:15 am – 1st Saturday of the month. Laughter Leader Rodger invites you to join them on Lake Wendouree

## LAUGHTER LEADER TRAINING

The next authorised and accredited Laughter Clubs Victoria Inc **Laughter Yoga Leader Training Workshop** is scheduled for **Sunday 17 August** in Melbourne. The workshop is open to anyone who would like to put more laughter into their lives, their workplaces and into the community. Laughter Leaders attend a full day training and continue their training when they co-lead a laughter session at one of our listed laughter clubs. If you want to

- ❖ Start a laughter club in your area,
- ❖ Start a laughter club at their workplace
- ❖ Laughter Leaders wanting to up-date/refresh their skills (special rate)
- ❖

Bookings are now being taken. To obtain a registration form contact Bronwyn on 0421 335 197 or Phillipa on 0418 521265 or by emailing [info@laughterclubsvic.org](mailto:info@laughterclubsvic.org)

## FROM THE PRESIDENT'S PEN

*Laughter Clubs Victoria Inc is a not for profit incorporated organisation run by a volunteer committee of management that supports community laughter clubs and promotes community laughter clubs and the laughter program at festivals, events and in the media. LCVi also provides an authorised Community Laughter Leader Training program.*

Please consider joining our committee of management and help us in our mission of promoting laughter and laughter clubs around Victoria. As an incorporated organisation we actually can't operate without a committee.

The Committee of Management meets just 4 times a year and this year saw:

- ❖ a continuation of our popular appearances at the Mind Body and Spirit and Sustainable Living Festivals.
- ❖ Our first appearance at the City of Melbourne Australia Day Festival.
- ❖ The continuation of our partnership with the Leukaemia Foundation - Laugh for Leukaemia held in conjunction with World Laughter Day.
- ❖ Continuation of our partnership with Federation Square in their sponsorship of the Federation Square Laughter Club.
- ❖ The co ordination of the 2007 Australasian Laughter Conference.
- ❖ The production of our new (fabulous looking) t shirts which give us a professional and co-ordinated look at public events.
- ❖ A reduction in the cost of community club insurance.
- ❖ Loads of media exposure (the latest - ABC's 'Can We Help You' on Friday 11/7/08 featuring LC Moonee Ponds)

Laughter is becoming increasingly popular with a marked increase in people contacting us to find out more about what we do and many people trying out their local community club.

Please consider joining our committee of management and having your say in how Laughter Clubs Victoria moves into the future. It's a small commitment, just a couple of hours 4 times a year and it means so much.

All committee positions are declared vacant at our AGM and the committee positions include: President, Vice President, Secretary, Treasurer and General Committee. If you'd like to know more then contact President Bronwyn 0421 335197 or Secretary Phillipa 0418 521265

### 3<sup>RD</sup> ANNUAL AUSTRALASIAN LAUGHTER CONFERENCE

**Saturday 23 and Sunday 24 August 2008**

It's nearly time when one of the best weekends that laughter club members and laughter friends from all over Australia can meet, share lots of laughs, and learn what is happening world wide with the laughter family.

It is shaping up to be the best ever Australasian Laughter Conference.

Special guests will be Dr Madan Kataria, Founder of Laughter Clubs and Sebastian Gentry from the American School of Laughter Yoga, plus speakers from around Australia.

The conference will be held in Lysterfield, an outer suburb of Melbourne in Victoria, at the Selesian Retreat. People who register before the 18 July receive an early bird rate.

Enquiries and bookings to [mervneal@maurant.com.au](mailto:mervneal@maurant.com.au)

### LAUGHTER IS GOOD FOR EVERYONE

Sat morning down near the beach  
The Laughter Club is not out of reach  
People come from far and wide  
Meet by the flag pole with the restaurant on the side  
For their sixth year birthday – it was June 2008  
In Geelong, it was really great  
Some did walk, some came in their cars  
Others rode their bikes, but there were none from Mars  
All joined a circle, the clapping it did begin  
Each said their name, we did laugh and sing  
Danced all around, laughing out loud  
The clapping actions with all the crowd  
The expressions on everyone's face  
The antics were all done with grace  
With a Ho, Ho, Ho and a Ha, Ha, Ha  
When all finished, we went to the coffee bar.

Lois, Geelong

### LAUGH FOR THE MONTH

**Ice Cube Down The Back:** Pretend someone has dropped a very cold block of ice down the back of your shirt. Laugh while you try to shake it off you, and then pretend to put an ice cube down their back.

### THOUGHT FOR THE MONTH

You don't stop laughing because you grow old; you grow old because you stop laughing

Laugh Lots!

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