



# Laughter Clubs Victoria Newsletter

Issue Number 58 September 2008

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## CLUSTERS' CREATE CHUCKLES

Looking at the most recent DVDs available from the founder of the Laughter Club Movement Dr Madan Kataria, it shows clubs from all around the world doing what we do best – laughing in a group.

It appears that when people stand around in a 'cluster' (people huddling together in a crowd) with the leader in the front, or in a semi circle with the leader out the front – people passing by feel comfortable and are more likely to join in.

Laughter sessions that have this format encourage people to be part of the group knowing that the leader will take them through a variety of laughs and they will be able to enjoy being part of it.

Imagine if we had hundreds of clusters and they all joined together. It would form one huge laugh and we could make the wish of Dr Kataria come true – to have world peace through laughter!

## AUSTRALASIAN LAUGHTER CONFERENCE

Those who were there laughed from sunup to sunset, and more. People from across the seas came to share laughs, talk about the way laughter yoga has taken their country by storm and listened to speakers about their laughter journey.

Dr Madan Kataria and his wife Madhuri, the co-founders of the worldwide laughter movement spoke about the rapid growth of laughter clubs around the globe.

Victorian Laughter Clubs were well represented in the conference with members from several clubs, and Bronwyn (LC Mitcham [who are to be congratulated for having the biggest contingent of attendees]) and Phillipa (LC Geelong) MCing and Greg Govinda (LC Daylesford) giving a very insightful presentation about his laughter journey

Congratulations and thanks go to Merv Neal for organising the Conference. Mark out the third weekend in August 2009 for the next Laughter Conference, as a must do event.

## LCVi COMMITTEE OF MANAGEMENT

It is said that behind every good man there is a woman. So too it is with organisations. Behind every thriving, fast growing and successful organisation there is a great Committee of Management.

As a result of the AGM held at the beginning of the month the following people are to be congratulated on being elected to run Laughter Clubs Victoria Inc for 2008-2009

President: Brownyn Roberts  
Vice President: Damian Tonso  
Secretary: Phillipa Challis  
Treasurer: Deborah Peters  
Committee: Terry Osborn  
Rhonda Pickett  
Lois Polglase

Three members stepped down from last year's committee - Ros Ben Moshe, Ronda Field and Trevor Field. A big thank you to them for giving of their time and effort, and also to Derek Challis who has handed over the reins of Public Officer to Deborah Peters.

All LCVi committee members will be happy to listen to your ideas and/or suggestions as to how we can introduce and put more laughter into the community through laughter clubs, so please contact them with your thoughts, or any matter you'd like to discuss regarding taking laughter to the general public. Contact numbers are listed on our web site – [www.laughterclubsvic.org](http://www.laughterclubsvic.org)

## DIWALI FESTIVAL OF LIGHT

LCVi are going to be part of the Diwali Festival of Light on Saturday 18 October sometime from 1:00pm onwards, presenting a laughter session from the main stage and it would be wonderful to see lots of laughter club members, their family and friends join in the festivities.

Pop on your LCVi T-shirt (if you don't have one they will be available on the day) and come along. For further details contact President Bronwyn 0421 335 197

## MEDIA COVERAGE

Laughter yoga is constantly receiving media coverage as people become aware of the fun, free, and fantastic results that can be had, just from laughing. Our recent exposure includes ...

Damian from Laughter Club St Kilda did an on line TV episode for a website VIVECOOLCity.com. The viewing demographics is the under 35 year olds, and it appears there is an interest from that age group.

10 laughter club members chuckled along with President Bronwyn from Laughter Club Mitcham when she was interviewed on 774 ABC Radio by Derek Guille and Tracy Harvey. The messages about the benefits of laughter were spoken about at length and laughers from South Yarra, Federation Square, Nunawading and Mitcham gave their individual thoughts too.

Secretary Phillipa from Laughter Club Geelong was recently interviewed in the second edition of Empowered, a new magazine targeted at females under 35. The article on the benefits of laughter included an item quoting one of the members from the club who spoke of the benefits she has received since she became a member earlier this year.

## CLUB NEWS

Volunteer laughter leaders who have attended workshops and received certification run their individual laughter clubs. Those listed under the LCVi banner make sure the details of their club s such as date, time, venue is up-to-date at all times; they have the pleasant task of running the laughter session whenever they meet; and if they aren't able to attend they have an 'anchor' person step up to the lead the laughter.

**Laughter Club Federation Square** meets on the first Sunday of every month at 11:00am and is a special club. It is sponsored by Federation Square and has a different leader each month. Most months you will see laughter club members in the LCVi purple and yellow t-shirts, sharing a laugh in front of the flagpoles on Swanston Street.

We need your help to grow the club – Federation Square would like to see hundreds of people join in each month and the vision is to have a laughter session run weekly, then daily. Looking to the future we could see people being part of the 'cluster' of laughers for just a few chuckles, then heading off to work less stressed more energised and hopefully happier.

Please tell your friends and take your family and help to swell the numbers so that we are the talk of Melbourne! First Sunday of every month, whatever the weather, for half an hour of fun followed by coffee and a chat.

## LAUGH OF THE MONTH

**FIND YOUR LAUGHTER CENTRE:** Probe your head with one finger as if looking for your laughter centre. Imagine that each spot you push on triggers a different laughter sound. Walk around and compare findings with other participants.

## LAUGHTER YOGA LEADER TRAINING WORKSHOP...

This is it! The way to get a laughter club into your community – attend a Laughter Yoga Leader Training Workshop and become qualified to lead a community club.

Our next authorised and accredited Laughter Clubs Victoria Inc **Laughter Yoga Leader Training Workshop** will be happening on **Sunday 23 November** between 9:30am – 5:00pm in Melbourne.

If you want to become a Laughter Leader then you need to attend a full day training and continue your training when you co-lead a laughter session at one of our listed laughter clubs with the Laughter Club Leader. So if you want to ...

Mark the date in your calendar, and watch out for the details in the next newsletter. For bookings or more information about the workshop, contact either Bronwyn on 0421 335197 or Phillipa on 0418 521265 or email [info@laughterclubsvic.org](mailto:info@laughterclubsvic.org)

## THOUGHT FOR THE MONTH

If you laugh until your sides split, run until you get a stitch! (Sent in by 8 year old Geraldine, Sunshine)

## ROBERT FERRE – LEADING LABYRINTH BUILDER

In the words of President Bronwyn, if we support other organisations focusing on the health and well being of the general public, then they in turn will help us put more laughter into the community.

The International Labyrinth Society are bringing Robert Ferre, the leading labyrinth builder and facilitator in the U.S.A to Melbourne. He is passionate in the belief of the acknowledged link, both anecdotally and research based, between walking the labyrinth and improved health and well-being. He has created over 170 labyrinths in Healthcare settings overseas

Robert will be the Keynote Speaker at a Health Forum at the AMREP Education Centre, at the Alfred Hospital on Thursday 23rd October 2008 commencing at 7.15pm, with the topic: "Labyrinths - A Tool for Health and Well-being".

There will also be a panel of Health Professional speakers relating their Labyrinth journey. Further information can be obtained by contacting Geoff Rodda, The Labyrinth Society Inc. Victorian Rep. Mobile 0408 138 065 Email: groddabdav@iprimus.com.au

## COMING EVENTS

Saturday 18 October - Diwali Festival of Light  
28,29,30 November - mindbodyspiritFESTIVAL  
Saturday 17 November - Laughternoon Tea  
Sunday 23 November – Laughter Yoga Leader Training Workshop

## MERCHANDISE

**T-SHIRT:** Laughter Clubs Victoria Inc are getting more requests to present laughter sessions at expos, special events and festivals. and it looks great when everyone is in a T-Shirt.

The T-Shirts are available for sale to anybody who would like to help promote Laughter Clubs into the community.

## BOOKS AND VIDEOS:

Laugh for No Reason by Dr Madan Kataria

Laughter Yoga DVD

Visit the [www.laughterclubsvic.org](http://www.laughterclubsvic.org) for an order form or email [info@laughterclubsvic.org](mailto:info@laughterclubsvic.org) to purchase merchandise.

LcVi receives a percentage of each item sold.



The Newsletter is published and distributed for the interest of members and friends of Laughter Clubs Victoria Inc. If you think you have information about laughter or laughter events that would be good to send out to other readers, please forward it through for publication with your name, the area or club you belong to, and if it is reference material, please quote the source. Thoughts for the month or a laugh you have invented will also be warmly received.

Laugh Lots!

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