



Laughter Clubs Victoria Newsletter

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CONGRATULATIONS LCVI

What a busy start to the year for Laughter Clubs VIC Inc. We have been involved with Australia Day, the Sustainable Living Festival, the Comedy Festival, and run a Laughter Leader Workshop (read more about these events elsewhere in the Newsletter). Laughter clubs are certainly now recognised as being an integral part of society with constant reference being made in various television and radio programs, invitations to be part of events and requests to be involved with wellbeing activities at many and varied facilities happening constantly.

Our ability to put more laughter into the community has never been more important. The floods in North Queensland and the bushfires in Victoria have affected many people, and our thoughts and wishes go out to all of them. We also have ahead of us an uncertain worldwide economy that has already affected a lot of people. The chance to pass on the joys of laughter and in turn help many people who maybe need an energy or emotional boost at this time is there for all members and friends of LCVi.

This could be a good time to invite someone along to your regular laughter club gathering, or start a new club in your area with a group of friends.

AUSTRALIA DAY CELEBRATIONS

A group of LCVi leaders and members were led by Mitcham Laughter Leader Bronwyn along Swanston Street in the Australia Day march that ended in the Alexandra Gardens where we had a display. Our LCVi banner pictured below was on display for the first time.



A laughter session on the performance stage during the afternoon's entertainment saw Geelong Laughter Leader Phillipa assisted by Bronwyn and St Kilda Laughter Leader Damian take the audience through a series of laughs, assisted by LCVi members in the distinctive purple and yellow club T-shirts.

CH.7 ran an item on their website leading up to the evening news about the Australia Day March and they gave us top billing as being part of the parade!

Thanks to all those who marched, stood on the stand and passed out LCVi information.



CLUB NEWS

Bendigo Radio 3BO asked the laughter club to run a session outside of their station last month. While doing so the local bus pulled in and the driver opened the back door for them to get on board. They shared the greeting laugh with everyone and got off the bus and waved goodbye to all the smiling laughing passengers.

Eaglehawk Pat has run the club for many years and we thank her for doing so. The club has now closed down.

Bendigo Laughter Leader Debbie extends an invitation to people who previously attended at Eaglehawk to join her group which usually has 20-25 laughers each week. Like most LCVi clubs they go for coffee and a chat afterwards and everybody is welcome to join in.

SUSTAINABLE LIVING FESTIVAL

The 'Play Dome' was the site where a laughter session was presented on the Saturday to start off the Festival. As soon as I said "My name is Phillipa and we are here to have fun" the chuckles and chortles kept coming for the hour.

This year is the first year since being asked to take part in the activities some five years ago that the laughter was located away from the main thoroughfare.

People however had no trouble finding the right place and they were all keen to come and play. The dome was packed with young and old enjoying their first ever laughter session, and they didn't want to stop.

An invite has already been given for another session to be presented next year.

A letter from President Bronwyn ...

To everyone who joined us at the launch of the **Melbourne International Comedy Festival Program**, and everyone who rang or emailed to wish us well. *Thank you - thank you - thank you.*

What a great time we all had. It was so much fun, and they LOVED us!! I've already received a special email of thanks to everyone in our newly named "Gaggle of Laughters" from the festival organisers:

Dear Bronwyn and the Gaggle of Laughters,

I just wanted to take the opportunity to thank you once again for taking such an integral part in launching our 2009 Festival program. You were all wonderful and the laughter was the perfect compliment to the program's release! I also dearly love and greatly appreciate how much trouble you all went to look the part in our Season colours.

Many thanks once again and I look forward to seeing you over the festival season.

Yours in laughter appreciation,

Shoshannah

Producer

**Melbourne International Comedy Festival
1-26 April 2009**



We only laughed for a few minutes but we made a **BIG** impact. Comedian Arj Barker joined us to talk about Laughter Yoga, which he told us he thinks is excellent, and our new friends, comedians Sammy J. and Simon Pampena (aka mega maths man) and the puppeteers and 'babies' from Polygot Theatre got right into all the fun helping us laugh and hand out programs.

I always feel so humbled to think that so many people will go out of their way to join together to share the laughter, and go to so much trouble. There were some great outfits. Everyone looked great and a special mention must go to Rhonda from Riddles Creek. Excellent is the only word to describe how great you looked!

Keep laughing - it's SO MUCH FUN.

Big hug to everyone and thank you all again.

LAUGHTER YOGA LEADER WORKSHOP

Congratulations to the 10 people who attended our workshop at the beginning of February. There are a number who have indicated they would like to start a club. Developments will be announced in a future LCVi Newsletter. How exciting!

There will be two more workshops during 2009.

COMING EVENTS

Laughter Club Federation Square: 1st Sunday of month

World Laughter Day: Sunday 3rd May (at Fed Square)

MindBodySpirit FESTIVAL: Long weekend in June

Australasian Laughter Conference: October 2009

LAUGH OF THE MONTH

Motor Bike This is particularly good to do outdoors. You are about to go on an imaginary motor bike ride somewhere along the coast line of Victoria. You take a deep breath as you put one leg over the seat, and exhale as you sit down. You Ho Ho as you rev the gears, and then with a loud mirthful Ha Ha Ha you ride off and wave to everyone you see.

HO HO HA HA HA HO HO HA HA HA HO HO HA HA HA HO HO HA HA HA HO HO HA HA HA HO HO HA

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