



Laughter Clubs Victoria Inc

Newsletter

Issue 71

April 2010

Diary Dates:

- World Laughter Day Sunday **2/5**
- Laughter Leader Training Day Sun **28/3**
- Laughter Club Federation Square Sun **6/6**
- Min body spirit FESTIVAL **11,12,13/6**
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World Laughter Day—Sunday 2 May

The first Sunday in May — the **2nd** — World Laughter Day will be celebrated by thousands of people all around the globe.

At **11am** at **Federation Square**, if you are one of those people thinking about actually attending your first laughter session, Laughter Club Federation Square is the place for you to go.

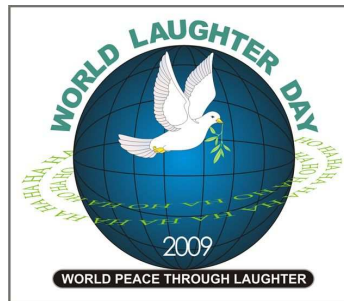
People of all ages both young and old are able to join in what will be a fun filled **30 minutes**.

Young children like the one pictured on Page 2

Editor's Expression

Why would a laughter leader volunteer their time and laugh with a group of people they hardly know, is the No.1 question asked of me by people who learn about the wonderful spirit our laughter leaders gift to our laughter clubs each week.

always put a smile on



Join tens of thousands from around the world - laugh happily

faces and adults automatically start to laugh too. Laughter Club Federation

Square in Melbourne is held in St Pauls Court in the area nearest to the flag poles on Swanston Street.

Look for our members who will be wearing one of our purple and yellow club t-shirts, and our trained laughter leader who will have you letting out your inner child within minutes of your first laugh.

Some cities will try to gather people like the 10,000 who were in Copenhagen, Denmark in 2000 and created a Guinness Book Record.

To answer I use the words of one of our longest standing laughter leaders who admits to being one of the biggest kids on the block.

'Each time I see people from my club greet each other with a smile and in some cases because they

have been attending the club for years, a big hug, it is so rewarding.

People joining in for the first time, start with simulated laughter, and when they have a genuine laugh, it again is one of the best things to be able to see'.

Club News

LCVi Laughter Clubs are spreading. We now have our first listing for South Australia -

Eastwood—9:00am Saturday
Eastwood Community Centre, 95 Glen Osmond Road, Eastwood
Leader: Sally 0405 069 348

To find a club near you go to www.laughterclubsvic.org where all the details are listed. They include—Bendigo, Camperdown, Cobden, Delacombe, Eltham, Federation Square, Ferntree Gully, Geelong, Hamilton, Hampton, Heywood, Macedon Ranges, Malden, Mitcham, Moonee Ponds, Myrtleford, Nunawading, Portland, South Yarra, St Kilda, Surrey Hills, Warrandyte, Warrnambool, Waverley, West Brunswick, Williamstown, (SA) Eastwood, (TAS) Hobart.



**A the February
Laughter Leaders
2010 workshop
Melbourne**

*World Laughter
Day Sunday 2
May is the day
people around
the globe come
together to
celebrate and
enjoy the
wonderful joy
of shared
laughter and a
sense of
wellbeing*

Laughter Leader Training Workshop

While the Laughter Leader Training Workshops are offered for people wanting to start a club in their area, any one who would like to put more laughter into their life and to find out how a laughter club is run, is more than welcome to register, pay the Laughter Clubs Victoria Inc subsidised fee, and come along for a fun day.

The next Laughter Leader Training Workshop will be held on **Sunday 28 May** in Altona.

Contact either
Bronwyn 0421 335 197
or Phillipa 0418 521 265

to organise for a **flyer** and **registration form** to be sent out.

For those of you who are interested in being a Laughter Club leader,

this is the first step towards gaining your Laughter Yoga Leader Certificate.

If you'd like to know more about the day, or have any questions about the benefits to be obtained from a full day of fantastic ideas and strategies that can be used immediately, ring or email LCVi direct.

Ho Ho Ha Ha Ha

Laugh of the Month

The Pop Laugh : Giggle as you move around as if you are a huge bubble filled with laughter. You can make a giant circle in front of you with your arms. Suddenly someone in the group calls out "POP" and you throw your arms in the air and burst into laughter.

The beauty of this laugh is that you never know who is going to call out "POP" or when they're going to do it.

Note for leaders: Let your group know that one of them will be responsible for calling out "POP". Don't nominate anyone, let it be a surprise to all but the person who chooses to take the lead.

Thanks for the laugh go to Lois, Laughter Leader Nunawading



**Children
laugh
without
any
inhibitions**

Start of a talk given by a Laughter Leader

Remember the return of the Jedi, when Luke Skywalker was losing the war with the Evil Empire. The Old Jedi appeared in front of Luke and said 'use the force within Luke, use the force within'; he did and good guys win again.

Today, we too are at war

with the Evil Empire, but it goes under the name STRESS, we do have the force within us to defeat STRESS, it is but a simple laugh.

I was reminded of this this morning when I was walking with the cows and goats on the way to their morning milk. The young goats were full

of youthful energy and one just could not help but laugh. Then one realizes when one laughs for the sheer joy of life around you... there is no room for the past or future chatter in one's head, you're completely in the moment.

Robert, Laughter Leader
Warrnambool

'The happiest of people don't necessarily have the best of everything; They just make the most of everything they have.'

How Laughter Club has helped me



Happy laughers at the 2010 Sustainable Living Festival

I have been attending Laughter Club now for 3 years. I have made a whole new circle of friends.

Laughter has helped me reduce anxiety and develop a more positive approach to everyday life situations.

I know little about the people in my group, except that we all share a love of laughter. Laughter is the "glue" that holds us together. Jenny P

Ed. Note - If you would like to share your thoughts as to how being part of a Laughter Club has affected your life, or would like to comment on any aspect of being part of a Laughter Club please email phillipa@laughterclubsvic.org

Share a laugh with LCVi Committee Members ... new regular feature

Who are you? Phillipa Challis, I am the founder of Laughter Clubs Victoria Inc and the Chuckling Executive Officer of Live Life Laughing.

Your role on the committee? Secretary

Your Club? Geelong.

How long have you been part of the club? I formed the club in June 2002 and we have never missed a Saturday.

How did you become involved? As a professional speaker running my own

business, I was approached to start the laughter club movement in Victoria.

Family? Wonderful husband and beautiful daughter.

Favourite - Childhood memory? Holidays in the sun with my Mum, Dad and Sisters.

Book? Too many to list.

Food? Ice-cream.

Smell? Rain, especially on freshly mown lawn.

TV Show? Past: Packed to the Rafters. Current: Castle

Cat or Dog? Dog.

Hobbies? Theatre, entertaining, swimming and travelling all over Australia and the globe.

Where would you like to be right now? Lying on a beach somewhere in Hawaii.

What would you like to learn? How to cook a perfect soufflé every time.

Passion? Spreading the 'happidemic' of laughter.

What do you want to be remembered for? Putting smiles on faces and laughter in hearts.





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LAUGHTER CLUBS
are FREE and FUN



Thoughts for the Month

'Laughter is the best medicine'—and I try and have at least a laugh every hour I'm awake - Allan R.

'Laugh away your tears'—there is such a fine line between laughter and crying— and you don't need a hanky if you laugh—Sara W.

Laughter is an aphrodisiac—just like chocolate—but it isn't fattening! Pam D

Dates for your Diary

Sun 2 May -

WORLD LAUGHTER DAY

Celebrate **11:00am** at **Federation Square**

World Laughter Day—Myrtleford | Hobart | Port Fairy

(Contact Laughter Leaders for details)

Fri 11, Sat 12, Sun 13 June
Mindbodyspirit FESTIVAL

Being part of a Laughter Club

Whatever tickles your fancy is certainly a saying we all know.

Some people laugh because they hear a joke or see a cartoon.

And we also know that tens of thousands of people, every day somewhere in the world, attend a laughter club to get the same high.

To those people who haven't been to a club yet; get yourself along; be part of a fun thirty minutes, and you will most certainly want to join in regularly.

The benefits of going along to a laughter club are numerous and varied for each individual.

A trained laughter leader will

explain a laughter exercise for everyone to do, then the group will move around sharing laughter



with a childlike playfulness

Sessions open with a clapping and warming-up activity, which is followed by deep breathing and then the laughter exercises.

The clapping is mostly done in a rhythmic 1-2, 1-2-3, and the tim-

ing is slow to allow laughers to catch their breath, particularly if it has been an active laugh.

The breathing exercises help to bring about physical and mental relaxation.

Movement helps to build a very positive energy, and dance movements boost a feeling of happiness.

Apart from the health benefits gained from being part of a laughter club, the opportunity to socialise over coffee and a chat makes for a wonderful way to balance life.

You might like to start with World Laughter Day on 2 May.

**Get Started Australia – Web Design and Development
Federation Square | Rutland Merchandise**

Proud Laughter Clubs Victoria Inc sponsors and supporters including Ritchies Community Benefit Card

You have received this Newsletter because you have attended a Laughter Program, been at a Laughter Yoga session; or made contact with one of the Laughter Club Leaders. We comply with Australia's Spam Act 2003. Your details will not be used for other purposes; your name or e-mail address will never be sold, traded, rented, bartered, or given away; nor will it be used for any other purpose than to communicate with you.