



Laughter Clubs Victoria Newsletter

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HI LAUGHTER LOVERS

It's here. This is the month that you, as a laughter lover who likes to enjoy all the benefits of laughter, has the chance to laugh and have a fun-filled and exhilarating weekend that will leave you with a happy smile on your face. The weekend of 18 & 19 August will go down in history for those who attend the **2nd Australasian Laughter Conference** as being the two days filled with the most laughs you could possibly squeeze into 48 hours.

Over the last six months since the conference was first highlighted in the LCV Newsletter, the number of visitors to our web site www.laughterclubsvic.org has jumped enormously. There has also been a lot of traffic to the page with the list of clubs and this could probably be attributed to the excellent amount of media coverage that laughter clubs have received in the media.

2ND AUSTRALASIAN LAUGHTER CONFERENCE

There is still time [**though if you want to qualify for the special rate you must do it by 10 August**] for you to grab a friend and register for what promises to be the best laughter filled conference held in the beautiful surrounds of Lysterfield east of Melbourne.

People from around Australia have booked in for our **2nd annual celebration of laughter**. The speakers come from a wide range of laughter backgrounds –

Annie Bieniek, Laughter Club Hampton leader will demonstrate fun-filled laughs for leading a club
Robyn Bishop, Tasmanian Laughter Therapist will talk about laughter for health and well being in primary health care
Phillipa Challis, LCV Founder will discuss promoting laughter into the community and business organisations
Janni Goss, WA's leading laughter presenter will share her skills in value adding to laughter
Merv Neal, recently retired CEO of Laughter Yoga International will discuss laughter in the corporate sector
Bronwyn Roberts, LCV President will share ideas for running laughter programs for special needs groups

Go to www.laughterclubsvic.org or ring **Phillipa on 0418 521265** or **Bronwyn on 0421 335 197 now** if you want to be part of the panel and group discussions, or join in guided meditations, and be a part of the fun-filled Saturday night Laughter dinner with games and trivia.

CLUB NEWS

Laughter Club **Federation Square** is the only club that meets monthly [11:00am – first Sunday of each month] and the numbers are swelling each month, particularly with laughter club members who want a double dose of laughter on the weekend after attending their own regular group. Our President Bronwyn filed the following report ...

The Fed Square laughter Club is going from strength to strength with over 5,000 people in the square to greet us on the beautiful, sunny, warm morning of August 5th! OKit was a little cold and over 4,970 of the people were there for the ABC's 75th birthday party but some of them came for the laughter.

Things were looking a bit shaky just 15 minutes before start time when Brian [LC South Yarra], Rhonda [LC Macedon Ranges], Marion [LC Lancefield] and I realised that the ABC had set up the Radio Australia studio on OUR spot and they were about to start broadcasting live around the Asia Pacific Region right from where WE wanted to laugh!

We were debating another good spot in the same area when Radio Australia began its live to air broadcast. Much to our surprise and delight the first item on the agenda was an impromptu interview with our very own Rhonda Field. She was asked, live to air, why she was at Federation Square and suddenly the whole of the Asia Pacific Region was learning about Laughter Club Fed Square and Laughter Clubs Victoria! I was also asked about my involvement with Laughter Clubs and between the 2 interviews Laughter Clubs Victoria managed almost 2 minutes of live to air international promotion right at the start of the Sunday show, and little did we know there was more to come. Well done Rhonda and thank you Radio Australia. Very Good - Very Good - YEAH!!

Right on 11am, and having decided on a good spot 10 or so metres from the Radio Australia studio, the 28 strong Laughter Club of Federation Square burst into action with a rousing chorus of Ho Ho Ha Ha Ha. This month's club was co-led by the amazing Brian and myself, ably assisted by Rhonda, Lois and Deb [LC Nunawading], Marion [LC Mitcham], Loretta, who is a certified leader but as yet without a regular club, a number of community club members,

and several people who had experienced last months club and have decided to make it a regular event, not to mention the interested on lookers who thought they'd give it a try.

While we were laughing and generally having a great time, Radio Australia, was going live to air, or rather, they were trying to go live to air. 28 of us with just our voices v. them with microphones, speakers, a mixing and sound desk complete with sound technician, a producer and an acoustic marquee, and 10 metres space between us.

While we were taking a stretch and breath break, not 10 minutes into our session, we saw and heard the Radio Australia announcer point towards us and say "That's the Federation Square Laughter Club, they meet right here at 11am on the first Sunday of every month and I think we can laugh louder than they can". OK, 28 of us - over 100 of them. There was no contest. The Laughter Club won hands down and the Radio Australia announcer conceded by recommending that everyone join the laughter club and they would take a music break until 11.30am. The Latin music they chose literally got the Laughter Club dancing in the street, and dozens of people came over to see what we were up to and join in the fun.

It was a wonderful session and I highly recommend that if you have some free time and are able to make the trip to town, to the Laughter Club Fed Square, it's well worth the trip. The laughter is wonderful, the space is fantastic and it's a great opportunity to catch up with other members of our ever-growing Laughter Family. And more than that, like all our community laughter clubs, IT'S HEAPS OF FUN!!!!

September Fed Square will be lead by the now internationally famous Rhonda from Riddles Creek!

Keep laughing and see you next month at Fed Square. Bron [LC Mitcham]

LAUGH FOR THE MONTH

Cardigan Laugh: Imagine a cardigan with five buttons. People undo each button saying Ha each time they undo a button, and when they are all undone, they hold on to the lapels and opening their arms wide [to show off their beautiful shirt underneath] they laugh out loud. At times this laugh is known by another name! If you aren't sure what it is, next time you are at a laughter session ask your lead to show you..

LAUGHTER LEADER TRAINING

People are flying in from all over Australia to do Laughter Leader training prior to attending the 2nd Australasian Laughter Conference. The LCV is presenting the authorised Laughter Leaders Workshop at the same venue as the conference on Friday 17 August. To attend both the workshop and get accommodation at the venue, registration forms are available by emailing phillipa@laughterclubsvic.org or ringing the LCV office on 5221 4266.

COMMUNITY NOTICE BOARD

There will be a Community Laughter Information Session and Workshop on Saturday 15th September at 1pm - 2.30pm, at the Donvale Living and Learning Centre, 283 Springvale Road, Donvale. Cost: \$13. Bookings: Phone: 9842 6726 or Email: dllc@dllc.org.au

DIARY DATES

Friday 17 August	LCV Laughter Leader Training Workshop
18/19 August	2 nd Australasian Laughter Conference
Sun 28 October	LCV Laughter Leader Training Workshop
Sat 17 November	Laughternoon Tea
23,24,25 November	MindBodySpiritFESTIVAL

Live Life Laughing!

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