



# Laughter Clubs Victoria Newsletter

Issue Number 49 September 2007

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## HI LAUGHTER LOVERS

Two days filled with the most laughs you could possibly squeeze into 48 hours! That is what everyone got when they attended the **2nd Australasian Laughter Conference** hosted by Laughter Clubs Victoria Inc last month in Melbourne. Congratulations are still flowing in with comments along the lines - the weekend was brilliant, fun, educational, loved learning new laughs, the speakers were all terrific, I wish the weekend could have extended to a week. Read more at [www.laughterclubsvic.org](http://www.laughterclubsvic.org) next week.

**Media coverage**, particularly when it is free is always welcome, and Laughter Clubs are certainly newsworthy. This is advance notice to let you know about two shows we will be featured in over the next couple of months. A segment was filmed and will be aired on **CH.7 on Go For Your Life** at the end of October/beginning of November. [We'll let you know when as soon as we are told]. Also Laughter Club Federation Square on the first Sunday this month was filmed, and a number of laughter leaders interviewed. The plan is to air a laugh each week on a Friday morning at 7:50am on the **CH.31 Morning Show** with Racy and as soon as they decide those dates we'll let you know.

## ANNUAL GENERAL MEETING

President Bronwyn writes 'LCV has had an amazing 12 months, with events including hosting Dr. Madan and Madhuri Kataria's Melbourne visit, hosting the 2nd Annual Australasian Laughter Conference, new partnerships with the Leukaemia Foundation and Ritchie's Supermarkets, radio and television coverage, invitations to present our program at festivals and events, new leaders trained and new clubs started'.

Laughter Clubs Victoria Inc is a not-for-profit incorporated body run by a volunteer committee of management. We are always looking for enthusiastic laughers to join our Committee of Management and assist us in our journey to make the laughter movement an important part of the wider community. The committee meets four times a year in an inner suburban location.

Everyone is welcome to attend, celebrate the past 12 months, and find out about our vision for the future of LCV

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**Please read the following formal notice ...**

**The Annual General Meeting of Laughter Clubs Victoria Inc** will be held on **Sunday 23 October 2007** at **67 Beach Street, Port Melbourne** commencing at **2:00pm**. The business of the annual general meeting will be to confirm the minutes of the previous annual general meeting  
to receive reports from the president, secretary and treasurer  
to elect a president, secretary, treasurer and members of the committee  
to conduct any business of which notice has been given in writing seven days prior to the meeting

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If you would like to join the committee or obtain an Application for Membership of the Committee of Management (Appendix 1) please contact the Secretary, Laughter Clubs Victoria Inc on 5221 4266 or 0418 521265, or email [phillipa@laughterclubsvic.org](mailto:phillipa@laughterclubsvic.org). All correspondence to be addressed to 8 Wimmera Avenue, Manifold Heights 3218.

## CLUB NEWS

It really is exciting. Laughter Clubs in Victoria are springing up at a fantastically fast rate. Community clubs are moving into all parts of the State as leaders are trained. Watch out for details about clubs in Ballarat, Berwick, Castlemaine, Frankston and Berwick. Clubs are updated regularly on [www.laughterclubsvic.org](http://www.laughterclubsvic.org)

### **Alphington \*\*\*New Club\*\*\***

1:00pm Tuesday

Alphington Scout Hall

Adams Street, Alphington

Leader: Gilliana - Enquiries: Alphington Community Centre 9499 7227

## St Kilda – Evening **\*\*\*New Club\*\*\***

6:00pm Wednesday

Alma Road Community House, 200 Alma Road, St Kilda East

Melways Ref: Map 58 H9

Leader: Damian 0410 798 687

**Hobart** in Tasmania has a very active club, and they regularly have visitors from other States attending. On Sunday 6 October training will be held in **Burnie**, and shortly afterwards a Laughter Club will be commencing. As soon as the starting date is fixed it will be announced with an invitation for people to join in when holidaying there.

## LAUGHTER LEADER TRAINING

If you want to be part of the fastest growing State for Laughter Clubs, then this is your invitation to book into the LCV authorised Laughter Leaders Workshop on Sunday 28 October in Kew. Registrations have already commenced and registration forms are now available.

## 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](mailto:dllc@dllc.org.au)

The next CAE Laugh for Life™ Workshop is being offered on Saturday 13<sup>th</sup> October at 1:30pm at the CAE in Flinders Lane Melbourne. Bookings direct to CAE on 9652 0611

## LCV PHOTO GALLERY

Debbie Peters from Laughter Club Nunawading has generously offered to set up an LCV photo gallery for people to access. This will let us see happy snaps of laughter sessions around the clubs, pictures from the recent 2<sup>nd</sup> Australasian Laughter Conference and World Laughter Day. In due course we will also up load pictures from our archives for all to see. If you have any suitable pictures to contribute please contact the LCV Office.

## LAUGH FOR THE MONTH

**Cardigan Laugh:** Imagine you are wearing a cardigan with five buttons on it that is done up, and underneath it you are wearing a beautiful shirt. Undo each button saying Ha each time you do so, until they are all undone, then taking the edge of your imaginary cardigan, laughing as you do so, move your arms out wide to your sides and show your shirt, as you share the laugh with other people.

## DIARY DATES

Sun 23 September	LCV Annual General Meeting
Sun 28 October	LCV Laughter Leader Training Workshop
Sat 17 November	Laughternoon Tea
23,24,25 November	MindBodySpiritFESTIVAL

Live Life Laughing!

Phillipa Challis, Founder/Co-Ordinator  
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